



Dan Go 🌟

@FitFounder

If you want to lose 20+ pounds of fat while adding muscle by the end of this year, copy this:



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This is the exact protocol we use to help our client Jay:

- Lose over 30 pounds of fat
- Gained 3 pounds of lean mass
- Reduced his visceral fat by 75%

All in just 90 days. If he can do it, you can too.



Total Body Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)
After 23.0%	212.5	48.9	155.6
Starting 33.1%	240.0	79.5	152.3





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1. Stop Drinking Alcohol

Every drink slows recovery, disrupts sleep, dehydrates you, and blunts muscle growth.

It also spikes empty calories that stall fat loss while increasing your chances of gaining visceral fat.

Alcohol makes everything harder.
Best to get rid of it.





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2. Strength Training Is A Non-Negotiable

Ideally, we want to do 3-4 workouts a week, targeting our main muscles 2x per week.

Focus on frequency and metabolic stress while prioritizing recovery to boost your gains.





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3. Progressive Overload Is The Secret

Get stronger using the same core lifts:

Presses, rows, squats/leg press, deadlifts, lunges, pull-downs.

Add accessory movements to fill out the rest of your workout days.

Aim to add 5 pounds or more reps to each exercise each week.





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4. Focus On The Nutrition Trifecta

Quantity + quality + timing = Easier and more effective fat loss.

Cut at least 500+ calories from your diet each week.

Get calories from single-ingredient, nutrient-dense foods while eating .8 grams of protein per pound of bodyweight.

Find a schedule to eat so you can automate hunger.





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5. Move Outside Of The Gym

Get at least 7-10,000 steps per day.

Make it easier on yourself by getting a treadmill desk.

Walk while in meetings, watching TV, or doing any activity you can think of.





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6. Make Things Easier With Sleep

No screens before bed, last meal early, blackout shades, cool room.

Poor sleep wrecks appetite, hormones, and recovery.

Master sleep hygiene and you'll accelerate fat loss and muscle gain.





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7. Create A Body Dashboard

What you measure is what you manage.

Daily weigh-ins (7-day average), weekly waist, and monthly photos.

Forget perfection and stick to the plan.

The holy grail effect happens when you manage the process, not chase hacks.





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No matter what anyone says, it is possible to gain muscle while you are losing fat as long as you do the right things.





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I'm taking on 5 new clients to work directly with my team.

Follow me and DM "PLAN" and I'll see if we're a good fit 🟡

(You must be an entrepreneur, founder, or executive)