

WEIGHT LOSS

DO'S

eat more to get energy

resistance training to
build muscle

build muscle to burn fat
while you sleep

one set to failure to
stimulate muscle growth

resistance band workout
as it mimic muscle
strength curve

do 10 mins intensive
workout a day
consistently

DONT'S

cut down your calorie to
avoid lower metabolism

just do cardio as it burns
your muscle rather than
your fat

do more than 1 hours of
workout as it's total waste
of time

do more than 1 set just to
make your coach happy

do dumbbell/barbell as it
undertrains your muscle

overtrain as it's not
sustainable and create
mental fatigue

resources :
www.layzfit.com