



JASON ROSELL'S

**FIVE RULES
TO BURN FAT**



CALIENTE FITNESS

MY STORY

I battled being overweight for over twenty years reaching 225 pounds and a size 40 waist. My stomach was covered in stretch marks and I was miserable. As an adult, being 21 and 75 pounds overweight I was scared to walk into a gym or when I did go to the gym I just did whatever machine was available or followed what other people were doing. I even spent any money I made, leading up to 1000's of dollars on diet pills, trainers and nutritionist to help me lose fat. None of these things helped, except losing a few pounds and then later gaining all the weight back and then some!



Even when I discovered healthy foods like avocados, fruits, lean proteins etc., I was still FAT! I was asking myself, **"How am I not losing weight if I am eating HEALTHY"?** I would end up getting frustrated and go back to eating fast food and falling asleep eating Oreo's cookies at night due to all the stress! Yes I took out my stress on food!

MY STORY CONT.

After all attempts to losing weight failed, I used my love of music to create small effective workouts that worked for me and 75 lbs later, 10 pant sizes smaller, I have been blessed to now help thousands each year by appearing on television shows, becoming a celebrity trainer and providing my personalized online workout, food plans & DVD's to many people around the world that were lost like me. I absolutely love helping people and know that **LIFE is not about looking perfect, it's about feeling amazing with your clothes on and off!** I am committed to helping you if you are lost, or tried everything like me and failed. Thank you so much for the opportunity to tell my story and hope you enjoy this free EBook and you use it to the best extent! Please follow all the exercises I give you below before applying the 5 RULES! This is honestly the best approach to start your fat loss journey. Once you get the results from this Ebook, continue your journey with me and the programs I offer, know that I'm here for you! Now let's get CALIENTE :)

MENTAL EXERCISE #1

MIND RIGHT,
BODY TIGHT

MIND RIGHT, BODY TIGHT

"Everything starts with the mind first before the body!" – Jason Rosell

STEP 1

SET A MENTAL OUTCOME

I want you to create and ask yourself what your mental OUTCOME is that you want with a desired amount of time. (Please be realistic)

EXAMPLES:

When I first started my fat loss journey my goal was:

"I am going to shed 25 lbs of fat in 90 days. " Or for you it could be: "In 12 weeks I am going to weigh ___ lbs" "I am going to fit into my size __ jeans in 50 days.

MIND RIGHT, BODY TIGHT

STEP 2

WRITE YOUR GOAL

What is your specific goal right now, and in what time frame will you achieve it?

Write your GOAL in a positive format
Start with, "I WILL". Don't write "I WANT
TO TRY". This will set up your
subconscious for Caliente success!



MIND RIGHT, BODY TIGHT

STEP 3

**SAY YOUR “MENTAL
OUTCOME” TO YOURSELF
5 TIMES AND 5 TIMES OUT
LOUD WHILE LOOKING IN
THE MIRROR.**

[TRUST ME, DO IT!]

MENTAL EXERCISE # 2

FIND YOUR
REASON

FIND YOUR REASON

I want you to dig deep inside yourself and find the main REASON why you want to lose weight and allow that to be your motivating factor. Let this motivate you every day!

A real REASON is not just "losing fat" or "getting lean" because you want to "look good" or "losing weight" because summer is coming soon, or your bathing suit doesn't look good on you or your clothes don't fit anymore.

Dig up in your mind what that REASON is and what it would mean to you to lose 10, 25, 60 pounds or more.

EXAMPLES OF "REASONS"

- Because I want to conquer my food addiction...
- Because I want to overcome obesity...
- So I can play more with my children and do fun activities with them...
- So my inner confidence comes back or starts

FIND YOUR REASON

You are searching to find a daily REASON that will push and motivate you! Specially on days that you feel down, or don't want to eat good or workout, because you either had a tough day, or exhausted from work or the weather is bad outside and you just want to pig out on your couch. Trust me, I have been there! Don't let that hold you back.

Your REASON should be in the back of your mind, stay motivated and do not lose track especially on those days! Even if it happens, never question yourself and wonder how you will get back on track, or jump back into it. Go back to your REASON, and this will overpower everything!

KEEP the REASON – Visually on your phone, or on a vision board in your bathroom or kitchen every time so you never miss it and always stay convicted, as this is honestly the super CALIENTE KEY to your success... Paint the picture in your mind of your goal, go back to your REASON and you will always be in control. Remember that you control your mind and that your mind does not control you.

FIND YOUR REASON

**LIST 5 "REASONS" WHY YOU
WANT TO LOSE THE WEIGHT &
HOW IT WOULD MAKE YOU
FEEL TO ACHIEVE YOUR GOAL.**

DIG DEEP!



MENTAL EXERCISE # 3

BURNING THE FAT

(YOUR 5 RULES TO BURN FAT)

BURNING THE FAT

The 5 RULES BELOW will speed up your metabolism no matter how slow it is now. You will become a fat burning machine! Once you apply this, you will burn more fat naturally for the rest of your life! These are my rules, not a doctor's rules. Please consult with your doctor if you have certain conditions before doing my best approach to losing fat that has helped me and 1000's of my online clients.

FIVE RULES TO BURN FAT

1. DRINK WARM GRAPEFRUIT WATER

Squeeze a grapefruit and collect its juice in a mug. Pour warm water over and drink. This is a great way to kick-start your metabolism & burn fat first thing in the morning.

2. EAT WITHIN 30 MINUTES OF WAKING UP

This will get your natural metabolism working and cause you to burn more fat during the day by not skipping breakfast.

3. WORKOUT

Working out is important for many reasons, but also help you turn your fat into muscle.

4. DRINK A GALLON OF WATER A DAY

Keep your body hydrated, it will help you get rid of fat and also keep you full each day.

5. EAT A SMALL SNACK BETWEEN MEALS

Eat a small snack between your breakfast, lunch and dinner. (Depending on your goals, Try to eat either a 100 or 200-calorie snack between meals so when you eat your main meals, you eat smaller quantities and burn more fat.)

Ok, time for you to go to work ladies and gentlemen! This is your opportunity to take advantage of what I just provided you. For maximum results, personalized weight loss plans, work out DVD's visit my website. Please do not hesitate to contact me if you have questions. Remember...
MIND RIGHT = BODY TIGHT

KEEP IT CALIENTE

CalienteFitness.net