

THE BUSY PROFESSIONAL'S ULTIMATE GUIDE TO LOSING 5^{TO} 10 KGS WITHOUT THE GYM



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DISCLAIMER

The information provided in this eBook is intended for educational and informational purposes only. It is based on my **decade of experience** working with a diverse range of individuals, my **formal education in fitness science**, and practical insights from real-world coaching. However, **every individual is unique**, and results may vary based on factors like age, genetics, medical conditions, lifestyle, and personal goals.

While the strategies, guidelines, and recommendations shared here are **tried and tested**, they are **not a substitute for professional medical advice, diagnosis, or treatment**. If you have any underlying health conditions, injuries, or specific dietary restrictions, it is always advisable to **consult a qualified healthcare provider, nutritionist, or fitness expert** before making significant changes to your exercise or nutrition plan.

Fitness and health should be approached with a **sustainable and personalized mindset**. Extreme diets, overtraining, or rapid weight-loss methods can have unintended consequences, and this eBook emphasizes **long-term well-being over quick fixes**. The aim is to empower you with **practical, science-backed knowledge** to make informed decisions about your health and fitness.

By following the insights in this guide, you take full responsibility for your choices and actions. Always listen to your body, progress at your own pace, and seek expert guidance when needed to ensure **safe, effective, and lasting results**.

Your health is an investment, not a race. Stay consistent, stay informed, and enjoy the process!

THE BUSY PROFESSIONAL'S ULTIMATE GUIDE TO LOSING 5-10 KGS WITHOUT THE GYM

A Step-by-Step Guide with Simple Exercise, Nutrition and Lifestyle Strategies to Achieve Lasting Fitness Results

What you will learn in this e-book?

Introduction: A Practical Guide to Fitness for the Busy Professional

1. The Harsh Truth: 5 Reasons Why Most Busy Professionals Fail at Fat Loss?
2. The Fat Loss Fundamentals Everyone Should Know
3. Why Quick Fixes Fail and What Actually Works
4. Don't Just Lose Weight, Lose It Right: The Muscle Factor
5. Sustainable Fat Loss: The Game Plan That Actually Works
6. Step-by-Step Guide to Losing 5-10 Kgs Without the Gym
7. The Ultimate Fitness Fix: Your Total Body Re-Set Solution

INTRODUCTION: WHY THIS BOOK?

Most busy professionals struggle with weight loss because traditional fitness advice isn't designed for their lifestyle. Long gym sessions and restrictive diets don't fit into packed schedules, leading to frustration and self-doubt.

If you're reading this, chances are you've tried to lose weight before. Maybe you signed-up for a gym membership that you barely used, followed a diet that didn't last, or struggled to stay consistent because life keeps getting in the way. You're not alone. Most **busy professionals** face the same challenges—**demanding work schedules, family responsibilities, and lack of time or energy** to hit the gym regularly.

But here's the truth: **You don't need a gym to get fit.** You don't need to spend hours working out or follow extreme diets that constantly challenge your will power and leave you with cravings. **You need a simple, science-backed, and sustainable approach that fits into your life.**

This eBook is designed specifically for **busy professionals like you**—people who want to **lose 5-10 kgs, feel stronger, have more energy, and build a high-performing body and mind** without spending hours in the gym.

Who Am I to Teach You This?

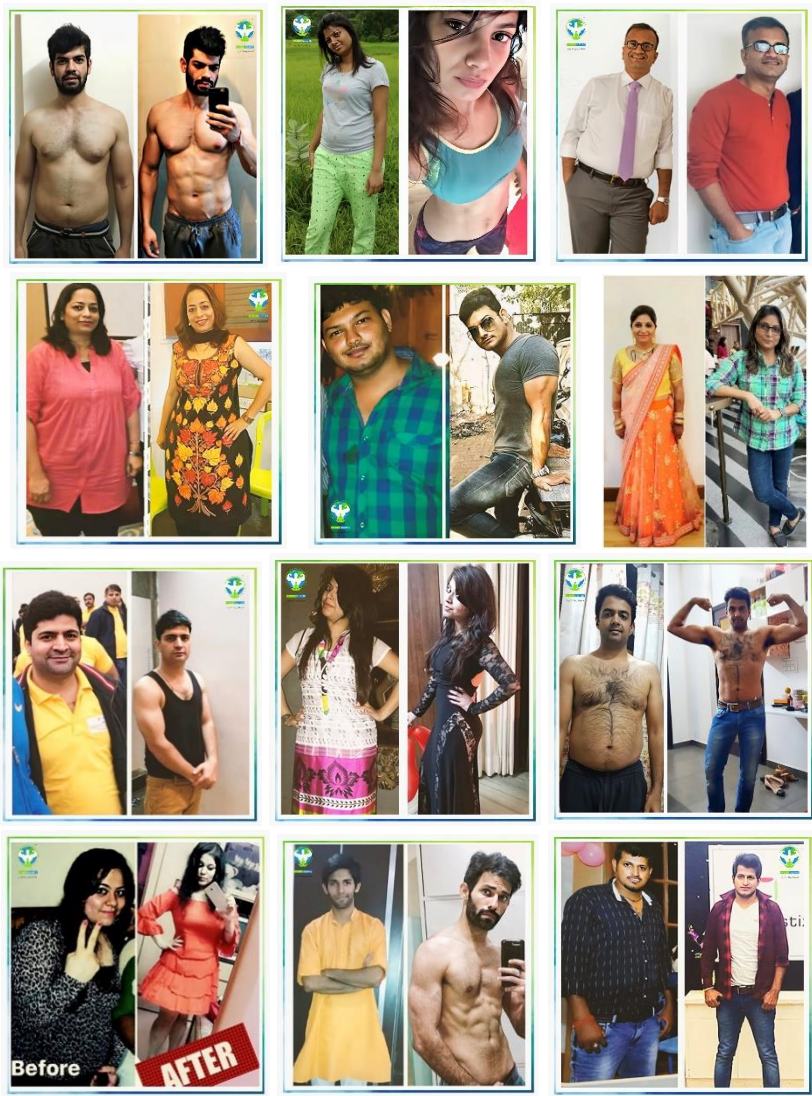
I'm Ankush S Bhaskar, an Internationally Accredited Fitness Coach with over a decade of experience in transforming lives through my simplified exercise, nutrition and lifestyle recommendations. From top CEOs, Actors, and Models to corporate professionals, busy moms, and high-performing entrepreneurs, I've worked with people who have no time to waste on ineffective fitness approaches.

- ✓ World PhD Chakra Awardee
- ✓ National-Level Athlete
- ✓ Mr. Chandigarh 2013 Silver Medallist
- ✓ Speaker at Trainer's Growth Conclave, Dubai & Brahma Kumaris
- ✓ Judge at National Bodybuilding Events
- ✓ Former Feature Columnist at The Mail Today

Mentored over 1,000+ people including Top Busy Professionals, Actors and Models, I've helped them achieve:

1. Sustainable weight loss, even with unpredictable routines.
2. Optimized hormones, leading to better energy, mood, and metabolism.
3. Noticeably improved energy levels and mental focus directly increasing productivity.
4. Improved sleep quality, despite hectic schedules.
5. Efficient, time-saving workouts that fit seamlessly into their lives.
6. Stronger, leaner, healthier bodies—without sacrificing social life.
7. A lifestyle, that aligns with their hectic life and allows them to be in a good shape and overall improved health in simplified way.

Here are just a few of the incredible transformations my clients have achieved....



....And Here's What They're Saying About the Experience:

1. "Ankush stands out from other trainers with his grounded approach and deep understanding of fitness and the human body. He doesn't make unrealistic big promises and instead focuses on setting the right expectations, reasoning it with the science behind it all. His calm demeanour allows him to dig deep into the core of any problem and find a practical solution to it. He empowers you to understand your own body and effectively address your concerns. Just trust him and put in your effort, and you'll see remarkable results."

— Anuraag Malhan, Film Producer & Actor

2. "I started training with Ankush at the back of the pandemic with a specific goal in mind: 'To be fit to cover a 100km Everest Base Camp trek'. I found his approach methodical, customized to my individual needs and rooted in science. He was patient and made working out enjoyable. He guided me in making better food choices and made working out a lifestyle choice. Thanks to Ankush's training and nutrition guidance, completing my trek was a breeze. I could truly feel the benefits of his expert support throughout the journey."

— Ikroop Nijjar, Product Marketing Lead, LinkedIn

3. "Ankush is a true lifesaver. With his expert guidance in exercise and nutrition, I not only lost an incredible 27 kgs, but he also helped me bring my stage 2 hypertension (High BP 175/100) back to normal. His holistic approach to fitness has not only transformed my body but has also greatly improved my overall health and well-being. I am forever grateful for his life-changing support."

— Jayesh Rathod, Director, The Guardians – Real Estate Advisory

4. “Ankush's guidance and expertise transformed my life. I lost 25 kgs, improved my bone health, and gained pain-free mobility in my knees. As someone from a pharma background, I was amazed by Ankush's in-depth knowledge of the human body and nutrition science. His passion shines through when you discuss fitness with him, and he consistently goes above and beyond for his client's success. Since I started with Ankush in 2016, I've never considered another fitness coach. He is the complete package.”

— ***Shalaka Patil, International Business Manager, Rusan Pharma Ltd.***

5. “Ankush bhai surpassed my expectations as a fitness coach. His patience and in-depth knowledge addressed all my workout and nutrition queries like no one else could even before I signed up with him. He truly understands each individual's uniqueness and crafts precise diet and workout plans that are easy to follow. Previously, I had given up on my dream of achieving a good physique due to trainers who couldn't keep me motivated beyond 10 days. But with him, I'm confident that my dream will become a reality. It's been 6 months of training with him, and I couldn't be happier and more satisfied. In fact, I've already hired him as the family fitness coach for my wife and kids. He is a complete package and truly amazing. I highly recommend Ankush bhai as a fitness coach to everyone. He's the real deal!”

— **Deepak K Vig, Businessman**

6. “I'm so grateful that I found Ankush as my first-ever fitness coach, he taught me how to balance my fitness goals with my personal and professional life. Thanks to his guidance, fitness is now an integral part

of my life, even with my busy work schedule. I'm thankful for the strong foundation that was laid by him, making it easy for me to maintain my healthy habits for over 3 years now."

— **Pooja Chaudhary, Business Analyst, JP Morgan Chase Bank**

7. "In this fast-paced world of Film and Television industry, staying fit can be a challenge. Thanks to Ankush's expert guidance, I've prioritized my health and well-being. His simple yet effective solutions have kept me in shape, despite my unpredictable schedule. After achieving initial success, I challenged Ankush to transform my physique in just 30 days for an event. With his unwavering determination, he delivered incredible results. Ankush is not only a skilled professional but also a compassionate coach who pushes you beyond your limits. Best wishes, brother!"

— **Nadeem Ahmed, TV and Web Shows Director**

8. "I chose Ankush to reverse my PCOD symptoms and lose weight. Previous trainer experiences were disappointing, but Ankush's page showed immense promise. Taking a leap of faith, embarked on this journey, and it turned out to be the best decision I made. With Ankush's extensive knowledge and dedication, I overcame PCOD and adopted a preventive lifestyle. His unique training strategies and unwavering support have been invaluable. No more PCOS relapse for sure. Ankush has transformed my life, and he can do the same for you."

— **Dhwani Thaker, Human Resource (Client Relation)**

9. "Ankush's impressive expertise in bodybuilding and healthy living is truly remarkable. From the moment I met him on a film set years ago, his incredible physique caught my attention. Our conversations about training and nutrition revealed his calm and supportive nature. Ankush's vast knowledge and guidance can help anyone achieve their

desired body goals. As a friend, I'm grateful for his invaluable support whenever I need it. He is truly a blessing!"

— **Sapan Krishna, Actor and Model**

10. "I have been at my best since I started training with Ankush. Not only am I healthier and fitter, but important lifestyle patterns that I was struggling with for a long time—also changed for good. Ankush has an eye for detail and always ensures that the body posture and technique are apt while strength training. The best part? There is no need to endure hunger pangs or food cravings! A well-balanced diet coupled with the best workout regime is his forte!! He is definitely the best lifestyle coach I have come across."

— **Sae Arvind Jondhale, Head Legal, Believe India**

11. "Ankush Bhaiya has been instrumental in helping me reach my dream body transformation goal for a show back in 2019. Ever since then, he has been my go-to fitness expert for maintaining my fitness and keeping me in shape throughout the year. With his expert guidance and coaching, I am able to trust him blindly for all my fitness needs for any upcoming shows or projects. It's been 4 years now with him and he has delivered the best results every time."

— **Kunal Santwani, Actor & Model**

12. "Two words to describe Ankush are Patience and Perseverance. He has the incredible ability to understand and support your goals, even when you may lack clarity or inspiration yourself. His unwavering commitment is truly exceptional and something I have not experienced before in my fitness journey. From guiding you on nutrition, sleep, and training, to helping you actually achieve your

goals, it's his area of expertise. I am grateful to have his support and guidance in my successful weight loss and PCOS reversal journey.”

— **Disha Thakkar, Head of Sales and Business Development,
Two Cents Consulting**

Their success is proof that fitness is possible—even for the busiest professionals.

Why I Wrote This Book

Most fitness content on social media is designed for virality—not accuracy. It’s filled with quick-fix solutions, crash diets, and misleading transformation stories that fail to address the reality of busy professionals like you.

- 12-week transformations rarely last.
- Strict, time-consuming plans don’t work long-term.
- One-size-fits-all approaches lead to frustration and failure.

I wrote this book because I’ve seen these mistakes ruin people’s confidence, make them feel like they lack discipline, and push them further from their goals.

This book simplifies fitness—no gimmicks, no fads, just practical, science-backed strategies that work with your busy lifestyle. By the end of this book, you’ll have a clear roadmap to finally achieve your fitness goals—and sustain them for life.

How to Use This Book for Maximum Results

This book is designed to be simple and actionable. Don’t just read it—apply the strategies inside and start making small, sustainable changes immediately.

Step 1: Read with an open mind. Forget the misinformation you’ve heard before.

Step 2: Identify the mistakes you’ve been making and note the solutions.

Step 3: Start implementing the small, doable changes recommended in each chapter.

Step 4: Stay consistent. The strategies work—but only if you apply them consistently.

Step 5: If you need personalized coaching & a structured plan, explore the Total Body Re-Set Program at the end of this book.

Let's get started on finally achieving the results you deserve!



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CHAPTER 1

THE HARSH TRUTH

5 REASONS WHY MOST BUSY PROFESSIONALS FAIL AT FAT LOSS?

1. Misunderstanding How Fat Loss Works

- Many believe weight loss is about eating less and exercising more, but it's not that simple.
- Fat loss happens when you create a sustainable calorie deficit—not by starving yourself, but by eating smart and moving efficiently.
- It's not just about the *calories in vs. calories out* equation, but also about *hormones, metabolism, and energy balance*.

2. The Crash Diet Trap: Why Quick Fixes Don't Work

- Extreme diets (low-carb, keto, liquid diets) may work short-term but lead to *muscle loss, nutrient deficiencies, and a wrecked metabolism*.
- Cutting calories drastically leads to *hormonal imbalances*, increased cravings, and eventual weight regain.
- Dieting without proper nourishment makes you feel exhausted, mentally drained, and less productive—exactly what busy professionals can't afford.

3. Overtraining & Extreme Workouts: More Harm Than Good

- Working out *too much* can increase cortisol (stress hormone), leading to *fat retention, muscle breakdown, and chronic fatigue*.
- HIIT and cardio can be effective but *not when done excessively*—your body needs strength training and recovery to actually *burn fat efficiently*.
- Many professionals try to fit *intense* workout schedules into their already busy lives, leading to burnout, inconsistency, and injury.

4. The Willpower Myth: Why Motivation Isn't Enough

- Relying on motivation is the biggest mistake. Willpower fluctuates with stress, workload, and personal commitments.
- Sustainable fitness is about *habits, structure, and a system*—not forcing yourself into extreme routines.
- Your fitness should complement your life, not consume it.

5. The Social Life Struggle: Can You Stay Fit While Eating Out?

- Many professionals give up on fat loss because they think they must say *no* to social events, alcohol, or business dinners.
- In reality, a sustainable approach allows you to *enjoy social events* while making *smarter choices*.
- The key is *learning balance*, not avoidance.

CHAPTER 2

THE FAT LOSS FUNDAMENTALS EVERYONE SHOULD KNOW

How Fat Loss Works: Understanding the Science Behind It

Fat loss is often misunderstood, leading people to take extreme and unsustainable measures. Before you dive into any fitness program, it's essential to understand how fat loss actually happens and how to make it sustainable for long-term success.

The Basics of Fat Loss

Fat loss is the result of a **caloric deficit**, which means consuming fewer calories than your body burns. However, achieving this is not as simple as just eating less and exercising more. Your body is a highly adaptive system, and the way you create a caloric deficit matters.

The Role of Calories in Fat Loss

- **Caloric Deficit = Fat Loss:** Your body stores excess energy as fat. To burn it, you need to consume fewer calories than your body uses.
- **Caloric Surplus = Fat Gain:** Eating more than your body requires leads to fat storage.
- **Energy Balance Matters:** The right **balance of nutrition, metabolism, and activity levels** determines whether your body burns fat or stores it.

How Your Body Burns Fat

Fat is stored in fat cells (adipocytes) and used as energy when needed. Here's how your body breaks down fat:

1. **Lipolysis:** When in a caloric deficit, your body signals fat cells to release stored triglycerides (fat) into the bloodstream as energy.
2. **Fat Breakdown:** The released fat is broken down into fatty acids and glycerol, which travel through the bloodstream to be burned as energy.
3. **Fat Oxidation:** These fatty acids are converted into usable energy within your muscle cells.

However, **your metabolism, hormones, and lifestyle factors all play a significant role in determining how efficiently your body uses fat for energy.**

Fat Loss vs. Weight Loss: Understanding the Difference

Many people focus on **weight loss** when they should be prioritizing **fat loss**. Losing weight on the scale doesn't always mean you're losing fat, and sometimes the wrong approach can lead to muscle loss, water loss, or metabolic slowdown.

Fat Loss vs. Weight Loss – A Quick Comparison

| Factor | Fat Loss | Weight Loss |
|-----------------------|---|---|
| Definition | Reduction in body fat while maintaining lean muscle | Reduction in overall body weight (fat, muscle, water) |
| Sustainability | Sustainable with the right approach | Often temporary, especially with crash diets |
| Metabolism Impact | Boosts metabolism (more muscle = higher calorie burn) | Can slow metabolism if muscle is lost |
| Appearance & Strength | Leads to a lean, toned physique | Can result in a weak, "skinny fat" look |
| Health Impact | Improves metabolic health, energy levels, and hormone balance | Can lead to nutrient deficiencies and hormonal imbalances |
| Best Approach | Strength training + balanced nutrition | Crash diets, excessive cardio, or extreme restrictions |

Key Takeaway: Your goal should be **fat loss**, not just losing weight on the scale. Focus on improving body composition by losing fat while preserving muscle.

CHAPTER 3

WHY QUICK FIXES FAIL AND WHAT ACTUALLY WORKS

Why Crash Diets and Extreme Workouts Fail

Many people fall into the trap of **quick-fix solutions** like extreme calorie restriction or excessive cardio, only to regain the weight (or even more) later. Here's why these methods don't work:

1. Crash Diets Cause Metabolic Slowdown

- Extremely low-calorie diets force your body into **starvation mode**, slowing metabolism to conserve energy.
- Muscle breakdown increases, leading to a **weaker body with lower calorie-burning capacity**.
- Once you start eating normally again, your body **stores more fat** to prepare for future "starvation."

2. Extreme Workouts Lead to Burnout

- Excessive cardio and high-intensity workouts without proper recovery increase **cortisol (stress hormone)** levels, leading to **fat retention (especially belly fat)**.
- Overtraining without adequate nutrition **weakens your immune system**, making you prone to injuries and illness.
- Extreme workouts often cause **mental and physical exhaustion**, making consistency impossible.

3. Rapid Weight Loss is Mostly Water & Muscle Loss

- The **first few kilos lost on extreme diets are mostly water weight**, not actual fat.
- Losing muscle along with fat makes it **harder to maintain weight loss** since muscle burns more calories than fat.
- When muscle mass decreases, **your metabolism slows down**, making fat regain even easier.

4. No Social Life, No Sustainability

- Strict diet plans eliminate favorite foods, leading to **binge eating** once willpower fades.
- Social events, travel, and celebrations become stressful rather than enjoyable.
- Fitness should **enhance** your life, not restrict it.

Key Takeaway: Sustainability is the key to long-term fat loss. Instead of extreme approaches, focus on **balanced nutrition, smart exercise, and lifestyle habits that fit your routine.**

Why Crash Diets and Quick Fixes Can Harm Your Body More Than Help

In today's fast-paced world, everyone wants instant results—especially when it comes to weight loss. Crash diets and shortcuts promise rapid weight loss in a short time, making them highly attractive. However, these extreme approaches come with serious consequences that can harm your metabolism, energy levels, immunity, and overall well-being.

Most people don't realize that quick weight loss isn't sustainable and often comes at the cost of muscle loss, hormonal imbalances, and long-term health issues. Instead of fixing the root cause, crash diets create a damaging cycle of losing and regaining weight, leading to frustration and self-doubt.

Here's why crash diets and shortcuts can do more harm than good:

1. Slows Down Your Metabolism

- Extreme calorie restriction signals your body to conserve energy, slowing down your metabolism.
- You burn fewer calories at rest, making long-term fat loss harder.
- After the diet, your metabolism stays slow, making it easier to regain weight quickly (yo-yo effect).

2. Weakens Your Immune System

- Crash diets often lack essential vitamins and minerals, leading to a weakened immune system.
- Your body becomes more vulnerable to infections, colds, and illnesses.
- Deficiencies in Vitamin C, Zinc, and Iron can reduce your body's ability to fight diseases.

3. Causes Nutrient Deficiencies

- Restrictive diets often eliminate food groups, leading to serious nutrient deficiencies.
- Low protein intake leads to muscle loss, weak nails, and brittle hair.

- Lack of healthy fats affects brain function, skin health, and hormone production.
- Calcium and Vitamin D deficiencies can lead to weaker bones and increased risk of fractures.

4. Drops Your Energy Levels

- When you cut calories too aggressively, your body has less fuel to function.
- You feel constantly tired, sluggish, and mentally foggy.
- Crash diets often eliminate carbohydrates, which are your body's main energy source.

5. Leads to Brain Fog and Poor Focus

- The brain needs glucose to function properly—without it, you feel distracted and struggle with focus.
- Low-carb and low-calorie diets lead to memory issues, slow reaction times, and mood swings.

6. Disrupts Your Hormones

- Extreme dieting leads to hormonal imbalances, affecting metabolism, mood, and overall health.
- Women may experience irregular periods, hair loss, and fertility issues due to low energy availability.
- Cortisol (stress hormone) increases, leading to higher fat storage, especially around the belly.

7. Causes Muscle Loss Instead of Fat Loss

- Crash diets don't just burn fat—they also break down muscle for energy.

- Losing muscle lowers your metabolism, making future fat loss harder.
- Your body composition worsens, leading to the "skinny fat" look.

8. Makes Your Skin and Hair Look Dull & Lifeless

- Lack of essential nutrients like protein, vitamins, and healthy fats can cause:
- Pale, dry skin due to low iron levels.
- Brittle nails and hair loss due to protein and biotin deficiencies.
- Dull, tired-looking eyes due to lack of hydration and proper nutrition.

9. Increases Mood Swings and Irritability

- Hunger and nutrient deficiencies lead to mood swings, anxiety, and even depression.
- Low blood sugar levels make you feel irritated, impatient, and emotionally unstable.
- Serotonin (happiness hormone) production decreases, making you feel mentally exhausted.

10. Increases Cravings & Leads to Binge Eating

- Extreme dieting increases hunger hormones like ghrelin, leading to intense cravings.
- Most people end up binge-eating unhealthy foods, leading to rapid weight regain.
- The cycle of restriction and bingeing damages your relationship with food.

11. Increases Risk of Heart Problems

- Yo-yo dieting (losing and regaining weight frequently) is linked to a higher risk of heart disease.
- Low-calorie diets reduce good cholesterol (HDL), increasing the risk of heart problems.
- Sudden drops in weight can stress the heart, leading to dangerous fluctuations in blood pressure.

12. Leads to Yo-Yo Weight Gain (You Regain the Weight Quickly!)

- Most crash diets result in temporary weight loss, but as soon as you start eating normally, you regain the weight.
- Since crash diets slow your metabolism, you gain back the weight even faster.
- Many people end up heavier than before, feeling discouraged and blaming themselves.

Conclusion: Quick Fixes Never Work—Sustainable Habits Do

Crash diets and shortcuts may promise fast results, but they always come at a cost. Instead of falling for unrealistic solutions, focus on sustainable, science-backed methods that help you lose fat while preserving muscle, metabolism, and overall health.

CHAPTER 4

DON'T JUST LOSE WEIGHT, LOSE IT RIGHT

THE MUSCLE FACTOR

Why Losing Muscle is a Big Mistake

Most people focus on the number on the scale, but weight loss isn't always good—especially if you're losing muscle. Crash diets and excessive cardio often lead to muscle loss, which slows metabolism, weakens the body, and affects long-term health. Here's why muscle preservation should be your top priority when losing fat.

What Happens When You Lose Muscle?

1. **Slower Metabolism:** Muscle burns calories at rest. Losing it lowers your daily calorie burn, making fat loss harder and weight regain easier.
2. **Weaker & Less Functional:** Everyday tasks like climbing stairs or carrying groceries become harder. Long-term, muscle loss increases the risk of injuries and joint problems.
3. **"Skinny Fat" Look:** Losing muscle but keeping fat leads to a flabby, undefined physique instead of a toned, fit body.
4. **Lower Energy & More Fatigue:** Muscle stores glycogen for energy. Less muscle = more tiredness and sluggishness, even if you eat well.
5. **Higher Health Risks:** Low muscle mass is linked to a higher risk of diabetes, osteoporosis, and cardiovascular disease.

How Crash Diets & Excessive Cardio Lead to Muscle Loss

Many people think cutting calories aggressively is the key to weight loss, but extreme deficits and poor nutrition cause muscle breakdown.

- **Too Few Calories:** The body burns muscle for energy when underfed.
- **Low Protein Intake:** Muscle needs protein to grow and repair. Without enough, the body starts breaking down muscle tissue.
- **Excessive Cardio Without Strength Training:** Too much cardio leads to muscle loss instead of fat loss.
- **Lack of Sleep & Recovery:** Muscle repairs during rest. Poor recovery = increased muscle breakdown.

How to Lose Fat Without Losing Muscle

The key to sustainable fat loss is preserving muscle while shedding fat. Here's how:

1. Eat Enough Protein:

- Aim for **0.8-1.2g of protein per kg of body weight**.
- Good sources: **Eggs, chicken, fish, cottage cheese, tofu, tempeh, lentils, Greek yogurt, whey protein.**

2. Strength Train 3-4 Times a Week:

- Focus on **compound exercises** like squats, deadlifts, push-ups, and rows.

3. Avoid Extreme Calorie Deficits:

- Aim for a **moderate (10-20%) calorie deficit** to prevent muscle loss.

4. **Balance Cardio & Strength Training:**

- Avoid excessive cardio. Instead, combine **walking, HIIT, and resistance training**.

5. **Prioritize Recovery & Sleep:**

- **6-8 hours of quality sleep** supports muscle repair and fat loss.

6. **Manage Stress & Hormones:**

- Chronic stress increases cortisol, leading to muscle breakdown.
- **Meditation, deep breathing, and self-care** help regulate hormones.

Key Takeaway: Muscle is Your Best Asset—Protect It!

Losing fat **should never come at the cost of muscle loss**. Muscle isn't just for looks—it boosts metabolism, energy, and long-term health. Instead of extreme diets, focus on **smart, sustainable fat loss strategies** that help you stay lean, strong, and healthy.

Next Steps: Now that you understand the importance of muscle, let's explore **sustainable fat loss strategies** that deliver real results without damaging your body.

CHAPTER 5

SUSTAINABLE FAT LOSS

THE GAME PLAN THAT ACTUALLY WORKS

Instead of extreme methods, the **Total Body Re-Set Approach** focuses on **fixing metabolism, balancing hormones, and creating a lifestyle that allows you to stay in shape effortlessly.**

How to Lose Fat & Keep It Off

1. **Follow a Moderate Caloric Deficit** – Aim for a small, manageable deficit (300-500 calories) rather than extreme cuts.
2. **Prioritize Strength Training** – Build and maintain lean muscle to **boost metabolism and burn fat more efficiently.**
3. **Include Protein in Every Meal** – Helps in muscle retention, keeps you full, and stabilizes blood sugar.
4. **Use Smart Cardio** – Instead of excessive cardio, mix in **Walking and HIIT** as you progress for fat loss without muscle loss.
5. **Sleep & Stress Management** – Poor sleep and high stress cause **fat retention and cravings**; prioritize recovery.
6. **Flexible Eating Approach** – Enjoy your favourite foods in moderation rather than restrictive diets.

Example of a Sustainable Fat Loss Routine

| Category | Smart & Sustainable Approach | Extreme & Unsustainable Approach |
|----------------|---|---|
| Workouts | Strength Training 3-4x per week (30Mins a session), walking daily | 5-6x per week Gym, long cardio sessions, |
| Nutrition | Balanced meals, protein-rich, moderate calories deficit | Extreme calorie cuts, no carbs/fats |
| Sustainability | Long-term, enjoyable, flexible with life | Temporary, leads to cravings and rebound |
| Results | Sustainable fat loss, better metabolism and overall improved feeling of wellness. | Quick weight loss but loss of muscle & strength |

Conclusion: The Right Way to Achieve Fat Loss

The key to fat loss isn't **starving yourself or exhausting yourself in the gym**—it's about **building the right habits, understanding how your body works, and making sustainable changes** that fit into your lifestyle.

Instead of **chasing quick results**, focus on **long-term success with a strategy that fuels your body, keeps you strong, and allows you to enjoy life** while staying in shape.

The Solution: A Smarter, Sustainable Approach

Instead of extreme diets and unrealistic workout plans, the key is a **sustainable system that fits into your life.**

Nutrition That Works – Without Starvation or Strict Dieting

- **80/20 Rule:** Eat nutrient-dense meals 80% of the time, enjoy your favourite foods 20% of the time.
- **Focus on *protein-rich meals*:** They keep you full, boost metabolism, support muscle repair and hormone production, and help prevent excessive carbohydrate consumption.
- **Smart Meal Planning:** Simple & Quick, easy meals that fuel your body without endless meal prep.
- **Social Life Flexibility:** Learn how to make smart food choices at restaurants and events.
- **Mindful Eating:** Learn *portion control and mindful eating* instead of cutting out entire food groups.

Exercise Without the Gym – Effective & Time-Saving

- **Home Workouts That Work:** Strength-based, 30-minute sessions tailored for busy schedules.
- **No Equipment Needed:** Bodyweight and resistance band workouts for flexibility.
- **NEAT (*Non-Exercise Activity Thermogenesis*):** Burn more calories without “working out” by increasing daily movement by adding simple daily habits like walking, stretching, and posture correction.

- **Skill For Life:** You learn a skill to train with your body and little space that allows you to stay fit without being dependent on gym, place or time.

Mindset & Lifestyle Shifts for Long-Term Success

- **Stop Chasing Quick Fixes:** Build habits that keep you in shape year-round.
- **Stress & Sleep Management:** Fix *sleep, stress, and hydration*—key factors in weight loss that most ignore. This also Optimize hormones naturally for better energy & fat loss.
- **Accountability & Support:** A structured plan with expert guidance makes all the difference.
- ***Fitness stacking:*** Walk while on calls, use stairs, move frequently.

CHAPTER 6

STEP-BY-STEP GUIDE TO LOSING 5-10 KGS WITHOUT THE GYM

Step 1: Assess & Set Realistic Goals

- **Track Your Current Health Metrics**
- Record your **weight, body fat %, muscle mass, and waist measurements** to get a baseline.
- Log your **daily energy levels, sleep quality, stress levels, and digestion** to understand your body's current state.
- Use the **Fit Body Culture App** ([Download Here](#)) to track and monitor progress.
- **Evaluate Your Lifestyle & Identify Roadblocks**
- Assess your **daily activity levels** (sedentary, moderate, or active).
- Identify **barriers**—busy work schedule, lack of motivation, stress, or time constraints.
- Track **eating habits**: Are you skipping meals, stress-eating, or eating too many processed foods?
- **Set a SMART Goal for Fitness & Fat Loss**
- **Specific**: Define your **clear goal** (e.g., lose 5 kg in 8 weeks, improve endurance, sleep better).
- **Measurable**: Trackable milestones (e.g., weekly weigh-ins, strength progress, improved energy).

- **Achievable:** Make sure it fits your lifestyle. If you're a busy professional, aiming for **daily 2-hour gym sessions is unrealistic**—instead, aim for 30-40 minutes of structured training.
- **Relevant:** Set goals that align with your **long-term vision** (not just weight loss but better energy, confidence, and overall health).
- **Time-bound:** Set a **realistic timeframe** (e.g., “I will lose 5 kg in 8 weeks by following structured workouts and balanced nutrition”).
- **Define What Success Looks Like Beyond Just the Scale**
- How will **success feel** for you?
- Instead of just weight loss, track improvements in **strength, energy, sleep, digestion, and overall confidence**.

Why This is Important?

Most people fail fitness goals because they either **set unrealistic expectations or track only their weight** without considering other health markers. This approach ensures a **sustainable, data-driven, and lifestyle-friendly** transformation.

Step 2: Master Nutrition Without Overcomplication

A well-balanced diet fuels your energy, metabolism, and overall health. Instead of overcomplicating, focus on **three key macronutrients** and **essential micronutrients** for optimal performance.

Macronutrient Breakdown: The Right Balance

- 1. Carbohydrates (45-55%) – Your Primary Energy Source Best Sources:** Whole grains (wheat roti, brown rice, oats, millets), fibre-rich veggies (spinach, broccoli, cauliflower), legumes (rajma, chole, sprouts).
Avoid: Refined carbs like white bread, Maida, packaged snacks.
- 2. Protein (25-35%) – Muscle Repair & Metabolism Best Sources:** Chicken, eggs, fish, whey protein, paneer, tofu, Greek yogurt, dals, nuts, seeds.
Avoid: Processed meats, deep-fried dairy products.
- 3. Healthy Fats (15-25%) – Hormonal Balance & Brain Function Best Sources:** Nuts (almonds, walnuts), seeds (flax, chia), desi ghee, mustard oil, coconut oil, avocados.
Avoid: Refined vegetable oils, trans fats, bakery items (biscuits, namkeens, cakes).
- 4. Hydration: The Most Overlooked Nutrient**
Your body is **60% water**, and staying hydrated is **key for energy, metabolism, and brain function**.

Daily Target: 3+ Liters of water. **Why?**

- **Blood** (~90% water): Transports nutrients, oxygen, and hormones.
- **Brain** (~75% water): Boosts focus and mental clarity.
- **Muscles** (~70% water): Supports strength and performance.
- **Bones** (~30% water): Maintains structure and health.

Pro Tips to Simplify Nutrition

Focus on “Protein First”

In typical Indian diets, protein is often the missing link. By consciously focusing on **adding protein to each main meal—and eating it first**—you:

- Improve satiety (feel fuller, longer)
- Support fat loss and lean muscle retention
- Correct one of the most common dietary imbalances in Indian households

Why It Matters: Carbs and fats are abundant in our meals—you don’t even have to think about them. But protein? You have to be intentional.

Follow the “Protein + Fibre + Water” Formula

Build your daily nutrition around this simple yet powerful trio:

- **Protein:** Provides structure and satiety. Aim to include a quality protein source in **all three main meals**.
- **Fibre:** Supports digestion and keeps you full. Add a portion of **raw salad or fruit at least once daily**, preferably **before a major meal**.
- **Water:** Fuels metabolism, energy, and mental clarity. Target **3+ liters daily**, spaced evenly throughout the day.

Master this trio and you’ll solve 50% of your nutrition struggles without overthinking.

Once you build this foundation, you can always tweak the plan for specific fat loss, muscle gain, or performance goals.

Micronutrients: The Powerhouse of Nutrition Yet Most Neglected

Micronutrients—vitamins and minerals—may not provide energy directly, but they are essential for overall health, immunity, hormones production, food metabolism and recovery. Yet, when people design a nutrition plan for fitness or specific goals, the focus is often solely on macronutrients. What many don't realize is that **macronutrients alone are incomplete without the crucial role of micronutrients** in supporting metabolism, performance, and long-term well-being.

Key Functions:

- **Support metabolism:** B vitamins help convert food into energy.
- **Strengthen immunity:** Vitamin C, D, and zinc fight infections.
- **Enhance bone health:** Calcium, magnesium, and vitamin D keep bones strong.
- **Regulate hormones & digestion:** Iron, iodine, and potassium play a key role.

Best Sources:

- **Vitamins:** Fruits, vegetables, dairy, nuts, seeds, whole grains.
- **Minerals:** Leafy greens, lentils, nuts, fish, dairy, dark chocolate.

Focus on Whole, Nutrient-Dense Foods. Balanced nutrition is simple—eat real food, hydrate well, and stay consistent!

Step 3: Start Simple, Effective Workouts

- **3-4 short workouts per week** (Strength & Mobility focused).
- **5000-10,000 daily steps** as a baseline for movement.
- **Stretching & mobility drills** to prevent stiffness & injuries.

Sample 3 Days per Week Workout:

Day 1: Full Body Strength

| Exercise | Sets | Reps/Duration | Rest |
|--------------------|------|---------------|-----------|
| Bodyweight Squats | 3 | 15-20 reps | 60-90 sec |
| Drop Push-Ups | 3 | 10-15 reps | 60-90 sec |
| Superman Pulldowns | 3 | 16-20 reps | 60-90 sec |
| Plank Pikes | 3 | 16-20 reps | 60-90 sec |
| Jump Squats | 3 | 16-20 reps | 60-90 sec |

Day 2: Lower Body & Core

| Exercise | Sets | Reps/Duration | Rest |
|------------------------|------|-----------------|-----------|
| Step-Ups | 3 | 12 reps per leg | 60-90 sec |
| Glute Bridges | 3 | 15 reps | 60-90 sec |
| Leg Raises | 3 | 15 reps | 60-90 sec |
| Side Plank (each side) | 3 | 30 sec per side | 60-90 sec |
| Squat Jacks | 3 | 12 reps | 60-90 sec |

Day 3: Upper Body & Cardio

| Exercise | Sets | Reps/Duration | Rest |
|-------------------|------|------------------|-----------|
| Push-Ups | 3 | 10-12 reps | 60-90 sec |
| Superman Hold | 3 | 15-30 sec | 60-90 sec |
| Mountain Climbers | 3 | 25 reps | 60-90 sec |
| Russian Twists | 3 | 15 reps per side | 60-90 sec |
| Jumping Jacks | 3 | 45 sec | 60-90 sec |

Step 4: Build Lifestyle Habits That Stick

- **Prioritize sleep:** Aim for **6-7+ hours** for recovery & metabolism.
- **Manage stress effectively** with mindfulness & structured routines.
- **Track progress weekly** to stay motivated and accountable.

Next Steps

The Total Body Re-Set Program: From Knowledge to Action—Your Final Step to Lasting Results

By now, you've learned a lot about fitness, fat loss, and sustainable health habits. But let's be honest—**knowing what to do and actually doing it are two completely different things.**

If information alone was enough, everyone would be in great shape. Yet, despite the overwhelming amount of fitness content available, **people still struggle with energy, weight, and consistency.**

Why? Because success isn't just about knowledge—it's about **structure, guidance, and accountability.**

That's exactly what **The Total Body Re-Set** gives you.

The Last Fitness Program You'll Ever Need

Most fitness programs focus on **short-term results**—restrictive diets, extreme workouts, and generic one-size-fits-all plans. They leave you exhausted, frustrated, and back to square one the moment they end.

Total Body Re-Set is different.

It's not a crash course. **It's a lifestyle transformation** designed to **fit into your life**—not take over it. You won't have to spend hours in the gym, starve yourself, or follow unrealistic meal plans. Instead, you'll build a **high-performing body and mind** while balancing your work, social life, and personal commitments.

This program is for you if:


- ✓ You want to **lose weight without sacrificing your social life**
- ✓ You're tired of confusing, **conflicting fitness advice**
- ✓ You struggle with **low energy, slow metabolism, and inconsistent progress**
- ✓ You need a **simple, flexible plan that actually works**

Fit Body Culture App Features That Keep You on Track:

- 1. Constant Reminders & Support** – Stay accountable with automated notifications & check-ins.
- 2. Personalized Fitness Tools** – Track your workouts, nutrition, progress, and results.
- 3. Advanced Stats & Charts** – Analyse your body composition, performance, and improvements.
- 4. Workout & Nutrition Tracking** – Log workouts, meals, macros, and hydration easily.
- 5. Video Demonstrations & Tutorials** – Clear, guided demonstrations for every exercise.
- 6. Daily Steps & Water Intake Tracker** – Keep up with essential habits effortlessly.

7. **Community & Group Support** – Stay motivated with like-minded individuals in the program.
8. **Integration with Smart Devices** – Sync with fitness watches & apps for seamless data tracking.
9. **Get Fit, Get Rewarded** – Earn gift vouchers as you log workouts and use the app—because consistency deserves a reward.






DOWNLOAD


FIT BODY CULTURE

MOBILE APP

GET IT ON



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Download on the App Store

- ✓ Get Constant Reminders & Support
- ✓ Fitness Tools To Track Your Journey
- ✓ Stats And Charts For Workout And Nutrition
- ✓ Video Demonstrations
- ✓ Video Lectures
- ✓ Track Your Daily Steps & Water Intake
- ✓ Track Your Daily Steps & Water Intake

Your Personal Fitness Companion: The Fit Body Culture App

- Stay on track with reminders & habit tracking
- Monitor progress with **custom analytics & fitness tools** like BMR Calculator, Fat% Calculator, Calories consumed, calories burnt
- Access **exercise video tutorials & detailed workouts**
- Log meals & macros effortlessly
- Get support from coaches & community
- Get **rewards & gift vouchers** for being consistent.

Download Now – [Android & iOS](#)

Stop Overthinking—Take Action Now!

You **don't** need more information. You need a **proven system** to finally break free from fitness frustration and **achieve results that last**.

This is your chance to stop second-guessing and start making real progress.

Your journey to a stronger, healthier, high-performing body starts today.

Struggling to lose weight with your demanding schedule?

This no-nonsense guide is built specifically for busy professionals who want real results—without setting foot in a gym. Whether you're managing deadlines, back-to-back meetings, or family life, this book gives you practical, time-efficient strategies that work.

Inside, you'll learn:

- How to lose 5–10 kgs without restrictive diets or gym memberships
- The science-backed habits that fuel fat loss and energy
- Real-life routines that fit into office hours, home life, and travel

If you've tried before and failed—it's not your fault. This guide shows you a sustainable system that fits into your world.



Ankush S Bhaskar is an internationally accredited fitness coach, speaker, and transformation mentor with over a decade of experience in helping working professionals and everyday individuals achieve lasting health and performance.

Since 2014, he has guided over 1,000 individuals — from CEOs, Actors and Models to Homemakers and Corporate Professionals — with a focus on real-world, sustainable transformation. He is the founder of **Fit Body**

Culture and creator of the **Total Body Re-Set Program**, known for combining science-backed systems, lifestyle coaching, and mindset alignment.

His Mission is simple yet powerful: to **simplify fitness** so that anyone — regardless of how busy or overwhelmed — can take control of their health without extremes and lead a better life.

His Vision is to drive **Fitness Literacy across India**, helping create a healthier, fitter, and highperforming generation that contributes to a brighter future for the nation.

Ankush has been a **Bodybuilding Champion**, featured as a **Super Speaker Season 3 contestant**, judged national-level bodybuilding competition, and contributed to multiple platforms as a voice for practical, sustainable fitness.

Want to implement what you've learned — with expert guidance and structure?

Simply scan the QR codes below to connect with us on Instagram, explore our website, download the FBC App, or reach out directly.

