

# Introduction

Researched and Composed by Jacob Wilson, BSc. (Hons), MSc. CSCS.

In response to the large amount of requests on fat burning I have put together a complete 12 week fat burning diet and workout routine in this month's issue. Our goal is to assist you in reaching your goals! The program isn't easy but it will yield tremendous results and that, I believe is exactly what you are looking for! Feel free to post your progress in the forums and please don't hesitate to ask for assistance. We look forward to hearing from you!

Sincerely

Jacob Wilson

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