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Ripped

Eating one meal a day is one of the best ways to burn fat and get ripped. Sounds crazy, but it's true. And in this article, I'm going to prove it to you. In fact, I do it every year. It allows me to lose 10 pounds in 30 days.

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have to think about your
body as a refrigerator
and a freezer.

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The only way to look ripped is to reduce body fat. For men, 8 percent body fat (or less) is required in order for a six- or eight-pack to show. That's a very low percentage, and something that can't be judged from a scale.

When working on getting ripped, keep weight, body fat

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However, it is also because the more muscle you have, the more energy you will need to sustain it, hence

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