

Integrating Tim Ferriss' research into regular life and documenting the results

THE FOUR-HOUR BODY COUPLE

NOT AFFILIATED WITH TIM FERRISS OR THE FOUR HOUR BODY



Luke
Gaining muscle, mental focus, health

"Training, eating, sleeping according to the New York Times #1 Bestseller"

WILL THIS LIFESTYLE SUPPORT US BEING HAPPIER, HEALTHIER, STRONGER, FITTER?

www.fourhourbodycouple.com



Kat
Fat loss, energy and mental health

Cheat Sheet: Accelerated Fat Loss

• Supplements

P	Policosanol	20-25mg
A	Alpha-Lipoic Acid	100-300mg
G	Green tea Flavanols	325mg EGCG
G	Garlic Extract	200mg

6 days/week (suggest Tuesday off) - 1 week off per 2 months

AGG Before Breakfast, Lunch, Dinner

PAGG Before Bed

CQ Cissus Quadrangularis 2400mg x3/day before meals

[Check out the book](#)

Please read the book carefully for contraindications, warnings and guidelines.

• Cold Therapy

Wake Up	500ml ice water
Before Breakfast	5-10 min Cold Shower
Early Evening	Ice Pack on shoulders/trapezius
Before Bed	5-10 min Cold Shower
2/3x week	Ice baths - 20 mins

- GLUT-4 Exercises prior to and 90 mins after meal (air squats, wall press, chest pull)
- Hot lemon water before meals
- Eat slowly - 30 mins for lunch and dinner

[PAGG - 4 tablets vs 13 tablets per day -](#)

www.fourhourbodycouple.com/link/PAGG/

[More Cheat Sheets, Meal Ideas with Photos, Food Diary, Blog at](#)
www.fourhourbodycouple.com