

# How I Went From Fat To Six Pack Abs – Thomas DeLauer's Incredible 100 lb Fat Loss Transformation

How To Achieve Six Pack Abs With The Fastest Method – Science:  
<http://go.sixpackabs.com/sciene2ba>

Hey, guys! So, yesterday I promised I'd share with you my story of transformation and how I was able to completely disrupt and change my life for the better. You may not know this about me, but I wasn't always ripped...

0:18 – I used to be 280lbs?!

0:33 – I was just trying to be the best that I could be... But in reality, I let my health go completely to the waist side...

0:48 – The biggest thing that I did for my life was getting my health back in control... And the BIGGEST thing I did to take control was:

I Stopped Eating All The Freakin' Time!

1:06 – Intermittent fasting was a HUGE part of my success

1:51 – What you may hear when first starting intermittent fasting

2:56 – "Time is the ENEMY"

3:45 – Reasons others fail at intermittent fasting & why we do NOT

5:29 – Tomorrow – Tuesday, October 24th: Top 5 Myths About Intermittent Fasting BUSTED

I appreciate you guys taking the time to listen to my story,

and I hope you have the courage to face what's holding you back too for not only the body, but life you truly deserve.

I'm coming to you tomorrow with another video on the Top 5 Myths About Intermittent Fasting, so make sure to: "Like" "Share" & "Subscribe" to SixPackAbs.com

I'll See You Tomorrow,  
-Thomas

Make The Decision To Change Your Body & Life For Good:  
<http://go.sixpackabs.com/sciene2ba>

P.S. Make sure to "LIKE" and "SHARE" this video on Facebook:  
<http://sixpackabs.com/thomas-delauers-story-fat-to-fit-my-body-transformation/>