

The LeanBody System Review

Popular and surrounded by hype the LeanBody System is a program designed by Asel James that's focus is on eating and exercising differently – not eating less and exercising more like most weight loss programs. The sales page video walks you through the concept and it's certainly an interesting approach – but does it work?

The idea is to lose fat as quickly as possible without working out for endless hours, without supplements and without expensive fat loss products. The product creator himself lost weight losing this system that he created and it's fully researched. He basically experimented on himself to find the best way to lose fat and lose it quickly.

He has now dedicated his life to teaching others how to lose weight. You will pretty much turn everything you think you know about weight loss on its head. Asel is no professional trainer, he's just an average guy. He doesn't workout much and eats what he wants and yet he has managed to lose weight and keep his body in great shape.

The LeanBody System is designed by a real world person and isn't some "celebrity trainer" or "guru" and he has a great body – he lost 20lbs in 40 days and he also built muscle so that he could show off his great body. His system means you don't go hungry, you don't have to workout for hours and hours in the gym.

His system is researched well and has science behind it and there are plenty of testimonials on the sales page that prove his system works. There are some people who have tried this system who have lost 5lbs in the first week and are actually eating more than they were before! The LeanBody system is all about eating differently – not less.

In terms of exercise, you won't need to go crazy at the gym – the idea is to focus on re-configuring your body to work better. Your metabolism and hormones will re-balance and you'll be able to blast away your unwanted fat.

It doesn't involve calorie counting and isn't based on a "one-size fits all" diet like most are. Everyone has different needs and that's the idea behind this system. We'd love to hear what you think about this system and how you get on with it. Feel free to come back to our site and leave a comment about your experiences with the LeanBody system.