

# RUBEN SIM'S ULTIMATE WEIGHT LOSS GUIDE



## INTRODUCTION

This guide is for people looking to lose body fat while retaining as much muscle as possible. If you have heart problems, or you're already extremely lean, this guide is not for you. Having an extremely low body fat percentage can lead to cardiovascular issues as your body runs out of fat to use as fuel. Use common sense and understand your limits. Consult with your doctor if you're unsure about anything you read here.

# Belly Ruben Manual Guide Guide

**Clemens Wendtner**



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