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## Athlean Xero Torrent

ATHLEAN Xero is the only bodyweight training program that will help you build noticeable muscle in just 60 days without requiring a single bite. This means that, unlike other Athlean X programs, it does not require a single gram of iron. The Xero program strengthens the muscles and makes them embossed, and in this case, progress is visible in a week. Xero focuses on burning fat instead of making you lose muscle like other programs do. By the way, this is a real revolutionary breakthrough, because usually you lose weight not due to muscle, but due to a decrease in fat mass. I repeat: fat burning is the most important function of this program. Most aerobic training and massage programs are based on the principle of obtaining oxidative results, that is, burning them. But burning adipose tissue is a different task. I mention this only so that you can better understand the overall concept behind my approach to the Xero program. I want to warn you right off the bat: After learning about the Xero program and how it works, it's unlikely that you will easily abandon the Athlean X program. But if you understand how it works, you may well be able to convince yourself to change the program. This program trains muscle tissue, not fat. It requires you to burn muscle tissue. It requires more muscle than fat. As you can see, these are different things. Why it happens? Muscles perform the same tasks as muscles, but they are made up of connective tissue, and this tissue stores fat. If you combine these two effects, then this is fat burning. So, at the very beginning of the Xero program, you burn adipose tissue without affecting muscle tissue. It has a supply of nutrients to do most of the work. This means that the muscles will perform it. Muscle tissue is made up of fibers that contract when you contract your muscles. These fibers are toned when you force the muscles to contract and relax. They also tone other fibers that reduce them. But the contraction of the fatty muscle leads to the fact that this muscle also relaxes. That is, you can strain your muscles and simultaneously reduce fat and muscle tissue. Do you understand what I'm getting at? Connective Tissue Elast

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