

A. Losing fat and building muscle at the same time is very hard. That's because each goal requires a different approach. To build a lot of new muscle tissue, your body needs energy. In other words, you'll need to consume more calories than you're burning each day. To lose fat, you need to consume fewer calories than you burn.

Beginners can lose fat and build muscle at the same time, especially if they're very overweight and out of shape. But, if you have more than a few months of training under your belt, you'll get better results by splitting your training goals into several phases, and working on one after the other. You'll be surprised at just how quickly you make progress when you focus all your efforts on just one goal, especially when you combine an effective training programme with good nutrition and the intelligent use of sports nutrition.

For example, when you're trying to build muscle size and gain mass, use two servings of a muscle-building product (such as Cyclone by Maximuscle) every day. Cyclone is designed to help you gain muscle quickly and easily. Use it for 4-5 weeks as part of your mass-building cycle and you'll see and feel the difference very quickly. Then, once you've gained an extra 5-10 pounds of muscle (maybe more, though this will vary from person to person), you can focus on getting rid of the fat. That's the perfect time to use a powerful fat-burner, such as [Thermobol](#) by Maximuscle.

This focused way of using supplements is one of the best ways to get in shape quickly, and works well for almost everyone who tries it. It gives you the best of both worlds and you won't feel frustrated at not achieving your goals.