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Rob Poulos Fat Burning Furnace Review



Official Website: <http://fatburningfurnace.com>

Program Creator: Rob Poulos

Price:

Deluxe and Ultimate version: US\$39.97

Blow Torche version: US\$69.97 (includes workout videos)

Product Type: This product is a digital download Ebook/PDF file. Videos are viewable online or may be downloaded. You also have the option of having a physical book delivered for an extra fee.

Fat Burning Furnace Review

Welcome to part three of our weight loss product review series. The fat burning furnace review. This review was created by a friend of ours in order not to confuse results by trying to have one person review multiple products. To view the other reviews in this series visit our [weight loss product reviews](#) category.

In your search for a genuine fat burning furnace review, you could be forgiven for feeling that there is no such thing as an unbiased review of this product. Even if you do a search for 'fat burning furnace scam' the websites you find will most often turn out to be yet another review of this product including affiliate links for where to purchase it.

So what makes this review any different?

Well, we're going to be up front about the product by providing some extremely important background information that isn't available on other reviews.

Zero To Hero Fitness (the company behind Fat Burning Furnace) has been accredited with an A rating by the Better Business Bureau. To see details of this visit [BBB Business Review - Zero To Hero Fitness LLC](#). According to the BBB you can confidently do business with this company. At the time of writing this review, according to the BBB page there were 85 complaints, all of which were satisfactorily resolved. This number of complaints is surprisingly low considering the popularity of the product.

So what is the Fat Burning Furnace?

As anyone who has ever attempted to lose weight via traditional means (i.e. calorie cutting) is aware, these traditional methods result in hunger, cravings and eventually you reach a weight loss plateau where you just can't seem to lose the weight despite further calorie cutting. This is because traditional diets send the body into 'starvation mode' in which it slows down the metabolism in order to burn less calories and preserve itself.

The basic concept behind the fat burning furnace system is to increase the your RMR (resting metabolic rate) so

that more calories are burned... even while you are asleep.

The program focuses primarily on fat loss but also deals with the issue of whole body exercise in order to increase lean muscle content of the body (because lean muscle burns more calories)

When you increase your RMR, not only does it increase the number of calories burned when you are exercising, but more importantly, it causes you to burn hundreds more calories per day whilst doing other activities, including sleeping!

As you can see, if you can increase your metabolism, your body will require more calories, thus negating the need to cut calories.

So does Fat Burning Furnace require dietary changes?

Yes, but not in the traditional dietary sense. Most weight loss programs focus on the main nutrient categories of carbohydrates, protein and Fat. However, in this system, Rob focuses on micro nutrients. Micro nutrients refer to vitamins and minerals that our body requires for optimal performance and to help burn fat.

Basically, the system changes the focus from measuring foods and counting calories to choosing foods which contain the nutrients that your body requires, this eliminates cravings and helps increase your metabolism. So it's not how much you eat, but rather what you eat. By focusing on these micro nutrients you will naturally end up consuming less calories anyway.

The book also reveals a comprehensive list of the types of food choices including menus and recipes to make your choice easier.

Will I need to exercise on the program?

Yes, but you can forget traditional cardio workouts. Rob doesn't go near an exercise bike or treadmill.

If you're looking for recommendations on gruelling cardio workouts then this program is NOT for you!

The workouts the Rob recommends are resistance based training you can do at home with little or no equipment.

On average the workouts last 30 minutes and include whole body exercise in order to maximize fat burning ability and increase strength, flexibility and muscle tone. Exercise is maintained at a slow rate in order to minimize the risk of injury and to maximize the number of calories burned.

The focus of these exercises is to burn fat and improve muscle tone. As mentioned previously, muscle burns more calories so increasing muscle tone also increases metabolism.

The only thing I didn't like about this part of the product was that the video showed Rob doing these exercises in his fully equipped home gym. This is in direct contrast to the message the book presents of not requiring this equipment. Just keep in mind, you don't need a set of dumbbells, a couple of grocery bags filled with groceries will provide the same effect. Rob would have been better to show the exercises with everyday objects rather than in his gym.

So what were my personal results from Fat Burning Furnace?

In the first two weeks I successfully lost 11 lbs (5kg) and 2" (5cm) off my waist. I will update this post with further results as they are achieved.

Fat Burning Furnace Pros

- Gym memberships/equipment not required, work out at home.
- No gruelling cardio workouts
- Meal plans included based on consuming natural, healthy foods
- Suitable for Men and Women of all ages
- Email support and coaching included
- 60 day money back guarantee if for any reason you are dissatisfied with the product

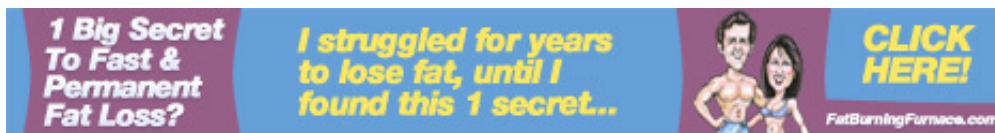
Fat Burning Furnace Cons

- Would be nice if the videos came with the standard package
- As mentioned, the workout videos give the impression that gym equipment is better
- Physical version of the book only available for an extra fee during ordering

What does the Fat Burning Furnace include?

There are three packages available: Deluxe, Ultimate and Blow Torch

- Deluxe: Includes the ebook plus three months of email coaching from the author (US\$39.97)
- Ultimate: Same as deluxe but also includes a metabolic calculator, body fat analyser and software to track your progress... Weirdly enough, this package costs US\$39.97 the same as the deluxe package.
- Blow Torch: Includes everything included in the Ultimate package PLUS workout videos for US\$69.97



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