

TRIMION AFRICA™

Fat Loss Strategy™

Precision, cardio timing, cheat meal structure, timelines and plateau handling.

Realistic Timeline

- Week 1-2: Routine setup, water weight changes and appetite adjustment.
- Week 3-6: Visible tightening and stronger routine confidence.
- Week 7-12: More noticeable physique change if consistency remains high.
- Longer timelines create better sustainability than extreme short-term approaches.

Cardio Timing

- Morning walking: ideal for routine and appetite control.
- Post-training cardio: 15-25 minutes steady state after weights.
- Rest-day cardio: 30-45 minute walk.
- HIIT: optional 1-2 times per week only if recovery is strong.

Cheat Meal Structure

- Use one controlled meal, not a full cheat day.
- Keep protein high earlier in the day.
- Hydrate before and after.
- Return to structure the next meal, not the next Monday.
- Do not use cheat meals as emotional compensation.

Plateau Handling

- Check sleep, steps, hidden calories and weekend eating first.
- Do not slash calories aggressively after one bad weigh-in.
- Increase daily steps before cutting food further.
- Review 7-day averages, not daily scale emotion.

Brand	TRIMION AFRICA™
Framework	Premium Final Form Systems™
Document	Fat Loss Strategy™
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