

## ~ The Anyman Fitness Hall Of Goodies ~

Hey there, Jason here from Anyman Fitness.

Over the years, I've created more content than you can even imagine, and I want to give you my absolute Best Hits so you can start using them today.

There are PDF's, guides, blog posts, and much much more for you here, so it would be wise to bookmark this page so you can refer back to it.

Without any further ado..... Here she goes!

Hope you find them useful.

Best,  
Jason Helmes  
Anyman Fitness



# Full Guides And Programs

## [The Livin' The Dream Guide](#)

12, “Let’s Get Back To Basics”, real life Hacks guaranteed to help you start to lean out, gain strength, and conquer your waistline once and for all.

## [The Nutritional Hierarchy For Fat Loss](#)

Before you turn to fads or gimmicks, it would be helpful to know what the scientific evidence REALLY says in regards to fat loss. What do you really need to have in order for you to finally lose the weight? Because there are some things that really matter..... And a lot that really doesn't.

## [The Glute Re-Shaper Guide](#)

One of the most common requests from our women (and men) is help with the \*ahem\* derriere. This Guide not only has tips on how to activate your glutes properly, but contains the 5 Best Glute Shaping Exercises, complete with demonstrations and recommended set/rep schemes. Enjoy.

## [Livin' The Dream - The Full Program](#)

This is a doozie..... A 42-Page Guide containing an absolute full program for you. 12 weeks' worth of exercises, sets, reps, nutritional advice/dietary plan, and much, much more. This Guide originally sold for \$47 on my site..... and now it's yours for the taking.

# Blog Posts And Articles

## [How To Cure Yourself From Keto](#)

**Keto diets are all the rage right now..... But what does the evidence really say in regards to being in ketosis? Fat loss savior? Or just another passing trend?**

## [The 87-Week Transformation Picture](#)

**Even though “Lose 20 Pounds In 14 Days” type articles are all over the grocery store checkout line, odds are really good you won’t reach your goals in 3 months.... What does it REALLY take to finally reach your goal? See Bo’s shocking transformation, and learn about how he lost 65 pounds without once doing cardio.**

## [4 Skills More Important Than Macros, Calories, Or Anything Else](#)

**Yes, calories matter. And so do macros. And so do workouts. But you’ll be surprised when you see this short list of “soft skills”, that will 100% determine your overall success. Do you have what it takes?**

## [6 Stupid, Little Rules To Help You Lose Weight](#)

The only real “rules” to losing weight involve being in a calorie deficit consistently over time. But then again..... There ARE a few little “tricks” that can be really beneficial for you if implemented properly.

## [Muscle Building Mistakes Of Middle Aged Men](#)

Are you over 35? Trying to make gains? Then you do have the deck stacked against you. BUT, you CAN still be successful..... Just make sure you’re not making one of these very common mistakes.

## [How To Drink And Still Lose Fat](#)

Let’s face it..... The BEST idea when you’re trying to lose fat is to eliminate alcohol, or at least reduce it greatly. That being said, your body’s metabolic process when drinking is crucial to understand if you wish to drink regularly and still make progress. Find out how it’s done here.

## [The Most Likely Solution To Your Fat Loss Problem](#)

Common problems have common solutions. And not being able to lose fat is a common problem. Anyone wanna guess what the common solution is? You may scoff, but there’s a near 100% chance this is where you’re going wrong.

## [Fat Loss Considerations For Petite Females](#)

One of my most popular articles, this guide will absolutely show you why petite females get royally screwed in the world of dieting. There are some gems in this bad boy, and actionable advice on how to overcome this often daunting problem.

## [Are “Macro Trackers” Sabotaging Your Fat Loss?](#)

Even though My Fitness Pal is more popular than ever, the waistlines of our society continue to grow. I thought technology was supposed to help us? Then why isn't it working? If you're using an online calorie tracker, there are some things you must know.

## [Should You Do A “Rapid Fat Loss” Protocol?](#)

Everyone wants to lose fat, and lose fat quickly. But what's the most you could possibly hope to lose in a sustainable and safe way? This article shows you just how I did it - and you can do it, too.

## [Should You Use Intermittent Fasting For Fat Loss?](#)

Intermittent fasting protocols are all the rage right now. While they can be helpful, there are a few caveats you need to know about. Intermittent fasting may not be for everyone..... But is it for you?

This is really just the tip of the iceberg, so to speak.

Over the years, I've written over 300 articles on fat loss, muscle building, mindset, and life in general.

For a complete list of everything I've ever written, [click here](#).

If you are interested in becoming a client of Anyman Fitness, and learning from the Army Of Greatness, [you can apply for Coaching Services at this link](#).

Best,  
Jason Helmes  
Anyman Fitness

