

The Most Effective Fat Burning And Muscle Building Workout That Takes Just 13 Minutes...

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

The Most Effective Fat Burning And Muscle Building Workout That Takes Just 13 Minutes...

By Jesse Cannone

The Most Effective Fat Burning And Muscle Building Workout That Takes Just 13 Minutes...

by: Jesse Cannone

Most people who want to burn off some excess pounds and tighten and tone their bodies simply don't have 2 hours each day to spend in the gym performing the bodybuilding style workouts that most "fitness experts" recommend.

Plus, these workouts consist of exercises and techniques that do not exercise the body in the way it is normally used so they end up building a somewhat unusable strength. In my opinion, most people, unless their main objective is body building, shouldn't perform the traditional style workouts

While I do still believe that machine and free weight strength training is the best choice for body building, it is NOT the best choice when it comes to general fitness goals like strength, flexibility, endurance, etc.

I don't know about you, but I can barely fit in 15 minutes for exercise let alone 2 hours... and I personally am not interested in muscle size alone (which doesn't mean strength and usually leaves you stiff and inflexible)! I'm sure your schedule is probably the same. The good news though is you don't have to... you can burn fat, increase flexibility, build unbelievable strength and endurance, reshape your body, and build a level of fitness that is truly functional.

I want to share with you a workout that I do personally that delivers a great combination of strength, flexibility, cardio and muscular endurance, and fat burning.

WARNING: The following workout will not only surprise you, but it will likely go against everything you ever thought to be true about fitness. Also, it is recommend you consult your physician before beginning any exercise program.

Are you ready? Good, here it is:

The Most Effective Fat Burning And Muscle Building Workout That Takes Just 13 Minutes...

The following exercises should be performed with little or no rest between and you may need to adjust the number of repetitions or time depending upon your current fitness level. Jumping Jacks - 1 minute Bodyweight squat (one-leg squat for advanced) - 15–20 reps Push-ups (slower reps for advanced) - as many reps as possible Kick butts (jog in place and kick your rear with both heels) - 1 minute Hamstring floor bridge (use swiss ball or one leg for advanced) – 15–20 reps Superman (lying on stomach w/ arms out to side, lift legs and chest off floor) - 15–20 reps High knees (jog in place lifting knees as high as possible) - 1 minute Stationary lunge - 15–20 reps Torso rotations/twists - 20 reps each direction Side bends/reaches - 20 reps each direction Mountain climbers - 1 minute (if you can J) Wall sit - as long as you can hold it Dips (use chair/bench/stairs) - as many reps as possible

There you have it... sounds easy, right? That couldn't possibly do anything, right? I personally challenge you... try it... no, try it right now! Drop what you are doing and give it a shot and see for yourself. If you find it a bit easy, which I doubt, perform it 2–3 times thru without rest.

This workout will deliver more usable fitness results and benefits than any traditional gym or health club workout. Now, you can of course implement this type of workout in the gym and make it even better, but the beauty of this is you can do it anywhere!

Also, this is just one example and as you can imagine, there thousands of other exercises you can add or replace... I actually recommend switching the exercises every 2–4 weeks or even better is to put together 3 or 4 different workouts and then rotate them.

If you are not familiar with one of the exercises just replace it with one you know that works the same part of the body. You can also learn all of these exercises along with dozens of others in my soon to be released video which will consists of several workouts like this that you can do anywhere to build and maintain awesome levels of fitness, even workouts with dumbbells, swiss balls, medicine balls, and more... watch for it in coming months.

Jesse Cannone is a certified personal trainer and author of the best-selling fitness ebook, Burn Fat FAST. Be sure to sign up for his free email course as it is full of powerful weight loss and fitness tips that are guaranteed to help you get the results you want.

Muscle Building Tips and Supplements: Do's and Dont's

By Jasdeep

Packing on Muscle mass involves a lot of dedication and care. At times, trying too hard can have its negative effects too. Right guidance and proper techniques make the perfect recipe to MUSCLE BUILDING. Muscle Building is no joke, but at the same time, very much possible. The bottomline is to workout in the right direction and not to harm your body. Here are some Do's and Dont's for Muscle Building.

Muscle Building Tips: Do's and Dont's

The Most Effective Fat Burning And Muscle Building Workout That Takes Just 13 Minutes...

- 1) Muscle Building Diet: It occupies a prominent area in MUSCLE BUILDING pie-chart. You should be highly careful related to your muscle building diet. Always ask your trainer to write down a diet schedule for you.
- 2) Give rest to your body between two sets, say for two minutes.
- 3) Not work on more than two muscle groups at a time. Train those muscles in a group which work with each other. This technique has proven to be effective. For eg: Chest and Triceps or biceps and backs.
- 4) The most effective time to do muscle building exercises is in the morning. You have consumed a lot of carbs by evening. So, carbs become the source of energy for you when you do your exercises in evening. But in morning, body depends on its alternative source i.e FAT for energy. Hence fats get burned up more in morning.
- 5) Last but not the least, Don't be biased to any body part. Proper balance is a necessity. Having big upper body and skinny legs is no good. Work out on entire body.

Jasdeep : for

your complete and most comprehensive family guide on

Health.

Look out for highly effective and recommended muscle building programs from the best in this field and a chance to go through muscle building articles directory at

If you wish to reproduce the above article you are welcome to do so, provided the article is reproduced in its entirety, including this resource box and LIVE link to our website.

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares

The Most Effective Fat Burning And Muscle Building Workout That Takes Just 13 Minutes...



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!