



EXTREME 30 SECOND CIRCUIT WORKOUTS: LOSE 8 POUNDS WEEK ONE

Frank Clarkson

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Having read hundreds of books, articles, and blogs on fitness, working out, and maintaining a healthy lifestyle; I often wonder why the authors of these books are overweight and not practicing the methods that they're conveying. Practice what you preach, right? I have been a part of bodybuilding and weightlifting competitions for many years and have been a personal trainer to hundreds of clients and have seen countless success stories. I take pride in my techniques and it shows in the results. I want you to be healthy! Consider the alternative; buy a gym membership for \$30 plus each month and hire a personal trainer for \$60 plus per hour. This book will give you the fundamentals, workout programs, and 33 foundational workouts...if you need encouragement; complete this program with a friend or spouse. I want this book to help alleviate the stress of limited time that can interfere with our health!

Doctors generally recommend at least 30 minutes of cardiovascular activity on a daily basis. I would agree and recommend completing two workouts each day; ideally first thing in the morning and early evening prior to your final meal before bed. In this book I have included 11 pre-constructed workouts that I have used with clients. In addition, I have included circuits (I, II, and III) where you can pick and choose workouts to create your own program that is most beneficial to your body and training needs. I feel that these 33 foundational workouts are attainable by all skill levels and needed to achieve the best burn and most impactful cardiovascular results!

The workouts outlined within the book can be followed directly or you can cater the workouts to your skill level and your abilities to perform the exercises with proper technique. Breaks should be included within each workout depending on skill level. I have created these workouts to be completed with a 1 minute break, mid-workout, to achieve the best results. This requires high intensity and attention to quick movements and isolating the core. I would also note that proper diet and nutrition will only elevate weight loss numbers week over week. Morning workouts have a cardiovascular focus and will help to increase metabolism. Elevating heart rate in the morning will not only burn calories during your workout, but will also increase your metabolism; this will result in your body burning additional calories throughout your day!

Track your progress. Each workout is designed to be completed as many times as possible for 30 seconds. You should see notable fat loss and lean muscle gains each week as you utilize this program!

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