

FAST WEIGHT LOSS METHOD: BURN 100 CALORIES IN JUST 4 MINUTES.

Jim Saret, one of the most popular fitness coaches in the United States, has built a unique technique for fast and easy weight loss. Jim Saret specially designed set of exercises that promises to burn as much as 100 calories in only four minutes. This 4 minute workout involves squats, pushups, jumping jacks and lunges. It's a complete body workout, in just 4 minutes. "The nice thing about the four-minute workout is you're mixing calorie burning, endurance, and strength training. It's a combination of everything," Coach Jim says.

Here's how the Jim Saret's 4 minutes workout goes:

1. SQUATS

10 repetitions will do the trick.



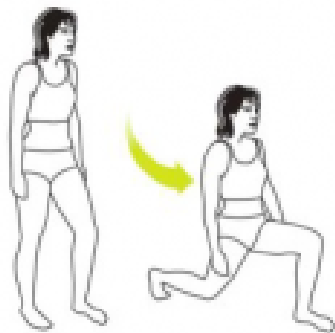
2. JUMPS WITH RAISING ARMS

Do the 10 repetitions.



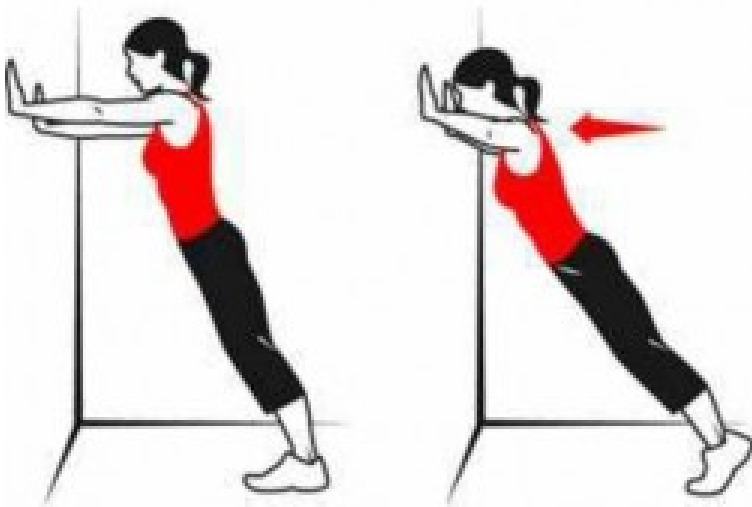
3. STEPPING

Perform 10 repetitions on each leg.



4. PUSH-UPS

Do it repeatedly up to 10 pushups. If you have difficulties with regular push-ups try doing them against the wall.



These exercises can be done in a short amount of time in four consecutive repetitions. Between the repetitions, take small breaks of about 1 minutes. Accordingly, this mini-complex of exercises can be converted to a full 20-minute training session.

Sursa: justforgirls.info

Metoda rapida de pierdere in greutate!

Un articol de Cristian Iacov

Urmeaza aceste activitati in mod regulat si vei pierde kilogramele in plus extrem de repede. Jim Sarete este un antrenor american de wellness, destul de celebru peste ocean, care a pus la punct aceasta tehnica pentru persoanele care nu

au timp sa faca exercitiu fizic, cu scopul unei reduceri rapide a surplusului de grasime.

Activitatile prin care se slabeste in mod obisnuit nu sunt suficient de bune pentru acest antrenor. De exemplu, alergarea ne permite sa scapam doar de 150 de calorii CITESTE IN CONTINUARE

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