# 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.



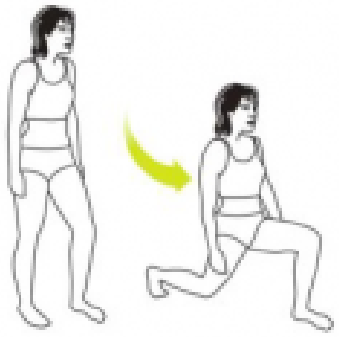
## 2. JUMPS WITH RAISING ARMS

Do the 10 repetitions.



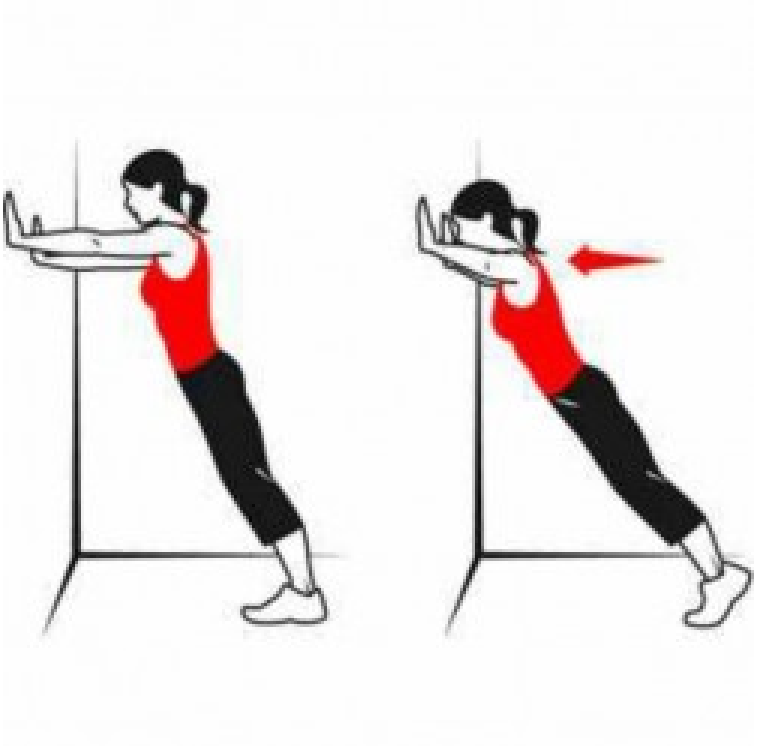

## 3. STEPPING

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.

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