



# **20 MINUTE TOTAL BODY WORKOUTS: LOSE 9 POUNDS WEEK ONE**

*Frank Clarkson*

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Having read hundreds of studies and research papers on fitness and working out, authoring several books, and maintaining a healthy lifestyle; I am a strong believer that people can lose and maintain weight loss without a \$20+ a month gym membership or \$50+ an hour personal trainer. 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! Through a combination of both cardio-based and weight-based workouts, this book will help you lose unwanted pounds quickly while helping your body burn calories throughout the day at a higher rate.

There are several iterations of the workouts that you can follow: whether that means only cardio, only weight-based, or a combination of the two. Let your body help you judge which workouts are working best to produce the most fat loss and most significant body changes. Both Cardio and Weight workouts will be categorized by Low-Intensity, Moderate-Intensity, or High-Intensity. I encourage you to begin with Low-Intensity 20 minute workouts and as you develop muscle and cardiovascular endurance, begin to complete the tougher workouts. This book combines 32 (weighted and non-weighted) core foundational workouts across 9 unique, intensity-based workout programs.

The 20 minute 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. These workouts require 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 the day!

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