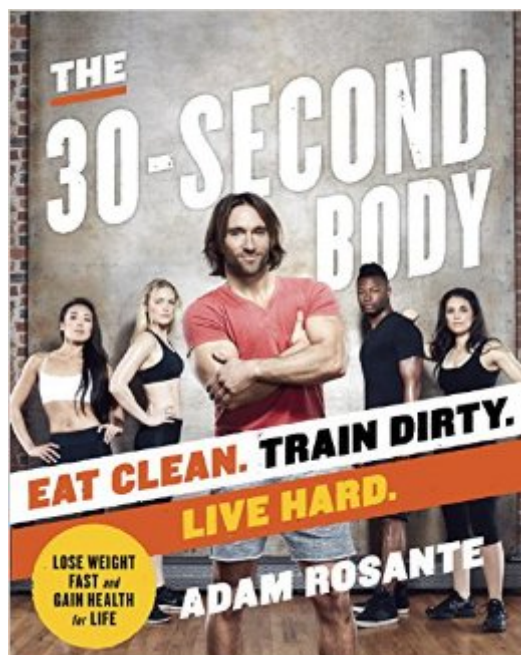


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# The 30-Second Body: Eat Clean. Train Dirty. Live Hard.



## Synopsis

YOUR BEST BODY BEGINS HERE AND NOW! Â Ditch the gym membership and say goodbye to weights and machines! Take control of your shape and your weight at home with celebrity fitness trainer Adam Rosanteâ™s three-tiered, simple-to-follow plan: Â • Eat Clean: Feed your body right with simple meals designed to help you feel your best inside and out. No weird and wacky • gimmicks; just an easy embrace of healthy whole foods. Â • Train Dirty: Using compound movements, progress overload, and high-intensity 30-second interval training, Rosanteâ™s exercises will skyrocket your metabolism, torch fat, and build lean muscle without requiring the use of a single piece of equipment. Â • Live Hard: Strengthen the single most important muscle in your body: your mind. Youâ™ll learn how • Lottery Mindset Marketingâ• has conditioned you to fail in your weight-loss goalsâ”and how to overcome it. Â Featuring inspiring testimonials, motivational advice, instructive photos, and a complete workout calendar, The 30-Second Body is a comprehensive one-stop solution, your road map to losing weight fast and taking charge of your life!Praise for The 30-Second Body Â • Easy, effective, and efficient . . . [The 30-Second Body] is more like an easy-to-read playbook than an intimidating diet or fitness guide. Itâ™s filled with illuminating fitness quickies on how to build a better smoothie and high-intensity workout moves you can do anywhere.â• Well+Good

## Book Information

Paperback: 192 pages

Publisher: Zinc Ink; 1 edition (March 17, 2015)

Language: English

ISBN-10: 0804179204

ISBN-13: 978-0804179201

Product Dimensions: 7.4 x 0.5 x 9.1 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ See all reviewsÂ (31 customer reviews)

Best Sellers Rank: #244,118 in Books (See Top 100 in Books) #58 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics #2816 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

This book had a lot of buzz in various magazines I read so I decided to go ahead and make the purchase as the premise: Clean diet, workouts that require no additional equipment and a section

on a mind / body connection sounded a pretty good mix to me. The book is based on the fact of indeed keeping it simple and real; as the introduction states - most of us do not have time to spend hours upon hours at the gym, do not want to starve ourselves and are not really down with drinking "oddball" potions to keep in shape! The title is derived from the fact that the exercises are stacked into 30 second intervals, basically using a high intensity platform. It begins with the workouts, aka "Train Dirty"; and opens with a before and after picture of a woman who has completed that challenge. I liked the fact that this was very realistic - as though she has indeed dropped weight and gained shape, she has not gained a 6 pack and become a size zero as you might see in one of those fitness magazine ads! This is an attainable image for a reader. Then we go into a backgrounder of the exercise style which explains that these exercises are effective as they employ compound movements - that is multiple muscle groups are used at this same time making them more effective with both results and cutting time. The author suggests you might want to take before pictures and measurements and provides a tracker for readers. Then we launch into a fit test, with a tracker that employs 6 different exercises ranging from Tuck jumps to Standing Mountain Climbers. Each movement is accompanied by detailed pictures, descriptions and modifications. They are basic but certainly work you out, without the need for any contraptions or gadgets.

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