

Mp3 Workout Muse - Rapid Fat Loss Cardio, Vol. 1

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Scientifically Proven Interval Training System That Burns Nine Times More Fat Than The Outdated Long, Slow, And Boring Aerobic Alternative To Lose Weight Faster Than Ever Before. 4 MP3 Songs in this album (62:06) ! Related styles: ELECTRONIC: Hi-NRG, HIP-HOP/RAP: Instrumental Hip-Hop Details: Fitness celebrity and real world fat loss expert BJ Gaddour, CSCS, uncovers metabolism boosting secret to melting off up to two to three+ pounds of ugly, unwanted body fat per week! Use his scientifically proven interval training system that burns nine times more fat than the outdated long, slow, and boring aerobic alternative to lose weight faster than ever before! not only will you burn a massive amount of calories during his workouts, but your body will be in a pure fat-burning mode for the next twenty-four to forty-eight hours! This phenomenon is due to the powerful afterburn created by his rapid fat loss interval training system. Plus, his secret training weapon is clinically proven to increase workout motivation, consistency, and performance. Premier Sound Designer Topher Farrell integrates the science of interval training with the power of sound through music and rhythmic audio arrangements that guarantee to keep you moving and motivated for the most intense and result-producing workouts of your life! with Workout Muse as your personal music trainer you'll never want to skip another workout again! The tried and proven done-for-you audio interval soundtracks tell you when to start, when to stop, and even provides strategically placed countdowns and updates to keep you focused on the task at hand! Just press play and rock out while you workout so you can listen and look better naked fast! These tracks are specially designed to take you through your workout in a way that utilizes your body's current state. The warm-up will get you focused on your upcoming workout by slowly increasing the musical intensity and audible effects. The workout carries you through the intervals with a precision that will have you maximizing your fat burning ability and it's keeps pounding all the way through. The cool-down helps to slow your heart rate and get you back to a rested state safely and efficiently. The post-workout regeneration is a 30 minute relaxation track that will help you center and refocus your mind as you massage your muscles back to an at-rest state.

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