

Resurrect Your Body Boot Camp
RESURRECT YOUR BODY BACK TO LIFE!

**WORKOUT
MUSE**

www.workoutmuse.com



Rapid Fat Loss **Workouts**

**Learn How to Burn More Than
Twice The Fat In Less Than Half
The Time With Total Body Interval
Training Workouts That Can Be
Performed Anywhere!**



BJ Gaddour, CSCS, and Topher Farrell
www.RapidFatLossWorkouts.com

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Rapid Fat Loss Workouts For Beginners

Follow this 14-Day Training Program to Burn Belly Fat and Lose Weight Fast!

Week #1- 10-Minute Workouts: In the first week you will only perform each workout for the outlined 4 minute interval sequence (20 s on, 10 s off, this 30-s round you will repeat 8x for 4 total minutes followed by a 60 s rest and transition). This will allow your body to best acclimate to the high-intensity interval training workouts. You will perform 6 workouts per week alternating between strength and cardio workouts from day to day. Please note that you will be performing core work 6x per week for a reason. The big focus for beginners is to strengthen their pillar which collectively consists of the following key powerhouse muscles: shoulders, hips, and core. In addition, the core workouts should precede your strength and cardio workouts to provide key muscle activation, postural correction, and a dynamic warm-up before the more intensive strength and cardio workouts. Click on the highlighted workout links below to view your done-for-you rapid fat loss workout videos. Then download the provided 4-minute Tabatas (20 s on, 10 s off) mp3 soundtrack so that you can just press play to listen and lose fat fast:

Day 1: 4-Minute [Core Workout A](#) + 4-Minute [Strength Workout A](#)
Day 2: 4-Minute [Core Workout B](#) + 4-Minute [Cardio Workout A](#)
Day 3: 4-Minute [Core Workout A](#) + 4-Minute [Strength Workout B](#)
Day 4: 4-Minute [Core Workout B](#) + 4-Minute [Cardio Workout B](#)
Day 5: 4-Minute [Core Workout A](#) + 4-Minute [Strength Workout A](#)
Day 6: 4-Minute [Core Workout B](#) + 4-Minute [Cardio Workout A](#)
Day 7: OFF

Week #2- 20-Minute Workouts: This week you will increase the volume for each component of the workout by first performing a 4 minute interval sequence followed by a 60 s rest and transition and then perform another 4 minute interval sequence of the same workout. This will provide further metabolic boosts to accelerate results by capitalizing on the base you built in the first week of training. Click on the highlighted workout links below to view your done-for-you rapid fat loss workout videos. Then download the provided 4-minute Tabatas (20 s on, 10 s off) mp3 soundtrack so that you can just press play to listen and lose fat fast:

Day 1: 8-Minute [Core Workout A](#) + 8-Minute [Strength Workout B](#)
Day 2: 8-Minute [Core Workout B](#) + 8-Minute [Cardio Workout B](#)
Day 3: 8-Minute [Core Workout A](#) + 8-Minute [Strength Workout A](#)
Day 4: 8-Minute [Core Workout B](#) + 8-Minute [Cardio Workout A](#)
Day 5: 8-Minute [Core Workout A](#) + 8-Minute [Strength Workout B](#)
Day 6: 8-Minute [Core Workout B](#) + 8-Minute [Cardio Workout B](#)
Day 7: OFF

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IMPORTANT NOTES

1.) Try to get at least 3,000-6,000+ steps per day (or 30-60 minutes of low to moderate intensity activity) outside of your workouts for best results. Since most of us have sedentary jobs it's critical that we add in a baseline amount of daily movement. Furthermore, the provided rapid fat loss interval workouts, combined with the rapid fat loss nutrition plan, will put your body in pure fat-burning mode. Thus, any extra movement outside of your workouts will accelerate total body fat-burning throughout the day!

2.) We highly recommend that you perform some corrective stretching and self massage for at least 15 minutes per day, ideally post-workout. Click the links below for some great video demos:

- [The No More Hunchback Corrective Stretching Program](#)
- [The No More Knee Pain Corrective Stretching Program](#)
- [Corrective Self-Massage: Foam Rolling](#)

3.) Click the highlighted links below for our highly recommended **Home Workout Exercise Equipment**:

- a.) [Resistance Bands](#)
- b.) [Dumbbells](#)
- c.) [Kettlebells](#)

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ATTENTION MEN:

Do you want to lose up to 34 lbs in 30 days? Do you want to trade that keg of a gut for a rock solid core?



Paul Lundh lost 34 scale lbs within the first month of joining the Get Sexy program! He has since melted off a grand total of 80 scale lbs after completing ONLY 4 phases of boot camp! Plus, he did it as a team with his wife Lisa who also blasted off 40 scale lbs of her own!

ATTENTION LADIES:

Do you want flat abs, toned arms, lean legs, and a tight butt? Do you want to burn your baby fat and get your body back?



40-year old working mother and Get Sexy Superstar El Sangalang lost 24 lbs of fat AND gained 6 lbs of lean muscle after completing ONLY 4 phases of boot camp! With Get Sexy Boot Camps El got rid of that pesky muffin top that had been holding her sexy back after having her first baby boy! Now she's a fit and sexy MOMMA!

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The World's FIRST and #1 AUDIO Interval Trainer
Just Listen and Look Better Naked!

Oops... we forgot to tell you that there's are some BIG ANNOYING PROBLEMS with interval training!

YOU BECOME A PRISONER TO THE CLOCK AND YOUR SURROUNDINGS!

Since most of us don't have the money to pay a personal trainer to be our very own human stopwatch, we are often forced to try and perform interval workouts on our own.

Now you could stay cooped up indoors to perform your interval workouts on a dusty and outdated cardio machine and pay for a premium health club membership. Or you could even buy a cardio machine for your home that will put you several hundreds or even thousands of dollars in the hole if it fits your budget.

But it's always more enjoyable and beneficial to perform outdoor running or other alternative forms of conditioning outside especially when it's nice and warm out!

And even though it is possible to perform these interval workouts outdoors with a stopwatch, let's face it, it's tough to have to sprint and look at the clock at the same time unless your goal is to run into a telephone poll (true

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story, ha ha). Intervals can be a bit dangerous if you are not in full control of your surroundings and if you are constantly looking down to check your watch!

Plus, to reap the most benefits from interval training you need to exert maximal intensity by being able to zone-in and eliminate any unnecessary distractions. This is almost impossible to do without someone telling you what to do because instinctually we will pace ourselves so that we are able to look at our watch.

In addition, for short intervals (e.g. 20 s on, 10 s off) it is simply unfeasible to be able to perform your workout without going too long on some sprints and/or starting too late on other sprints thus disrupting the prescribed optimal work-to-rest ratios for best results.

Now you could set your stopwatch up to stop and start so it will make those annoying beeping sounds, but then you couldn't listen to your favorite music because then you wouldn't know when to stop or start without hearing the beeps!

And anybody who works out knows how important good workout music is to increase workout consistency, motivation, and performance. In fact workout music is clinically proven to increase intensity and set the proper pace for your workout.

So what is an avid interval trainer to do?

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The Workout Muse Solution

We created Workout Muse to serve as your personal music trainer to eliminate the annoying nuisances of interval training while keeping the benefits of the proven rapid fat loss timelines. Never before has interval training been such an automated and liberating experience!

Just PRESS PLAY and Workout Muse tells you exactly what to do:

- First we tell you how to perform your workout:

WORKOUT MUSE INSTRUCTION SAMPLE:

"WORKOUT A. You will sprint for 30 seconds and recover for 90 seconds. You will repeat this 2-minute interval for as many rounds as you can in 20 minutes. Your goal is to be able to perform 10 total rounds."

- Then you just listen to the pre-programmed work-to-rest periods telling you when to start and stop each interval. We even provide countdowns and updates for each interval to keep you focused on the task at hand. See below for the written audio instructions for the 2-minute interval in Cardio Workout A of Month#1 consisting of a 30-second sprint and a 90-second recovery period:

WORKOUT MUSE INTERVAL ROUTINE SAMPLE:

"Crank it in 5-4-3-2-1, SPRINT! ... 10 s down, halfway, 10 s left... STOP! Recover for 90 seconds. Congratulations you have completed 1 round. Crank it in 5-4-3-2-1, SPRINT! ..."

- In addition, all of these detailed audio instructions are accompanied with adrenaline pumping and mind-blowing music (techno, latin, rock, hip-hop, classical, pop, etc.) and rhythmic audio arrangements created by our elite team of sound designers from scratch to keep you moving and motivated. We harness the power of sound and science of interval training to inspire the best workouts of your life!

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Get your FREE Workout Muse Sample TODAY!

Professional sound design and music composition costs up to \$400/hour. This means that a 30-minute interval workout soundtrack could cost you an average of \$4,000 to \$7,000!

To INSTANTLY download your FREE 30-Minute Workout Muse Soundtrack for Cardio Interval Workout A in Month#1 of **The Rapid Fat Loss Cardio Program**, please go to the following link to sign-up for the FREE Workout Muse Newsletter at:

[Workout Muse](#)

The 16-Week Rapid Fat Loss Cardio Soundtracks:

Want to get this EXACT 16-Week Rapid Fat Loss Cardio Program as downloadable mp3 soundtracks with complete DONE-FOR-YOU audio instructions so you don't have to think, you just need to press play, listen, and lose fat fast?

Simply click on the link below and sign up for our newsletter in the upper right hand corner of the webpage to hear and feel the power of our audio interval soundtracks for yourself @

[Rapid Fat Loss Cardio](#)

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