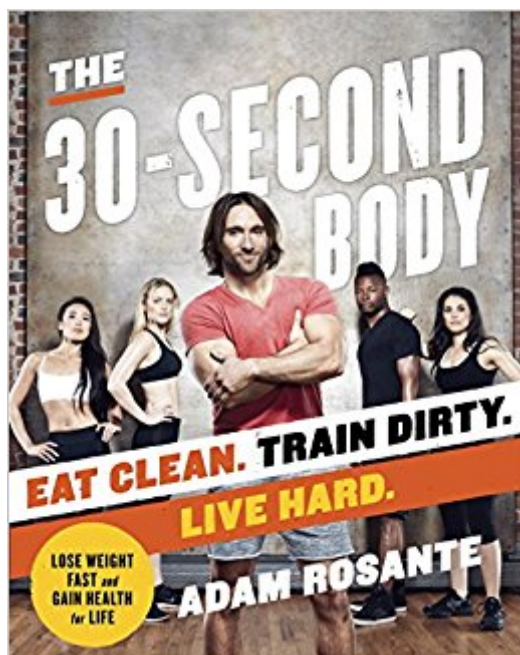


The book was found

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

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Customer Reviews

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build a better smoothie and high-intensity workout moves you can do anywhere.ââ Well+Good

Adam Rosante is an internationally renowned fitness and wellness coach. He is the creator of The Peopleâs Bootcamp, a pay-what-you-can fitness boutique in New York City that boasts consistently sold-out crowds, and WaveShape, a surf-inspired online and DVD workout program thatâs used by thousands around the globe. He has appeared on Today with Kathie Lee Gifford and Hoda Kotb, CBS New Yorkâs The Couch, and other programs, and is frequently called upon by some of the most popular magazines in print to create workout plans and offer lifestyle advice. A host on Hearst's CosmoBody network and a fitness ambassador for Target, Rosante was recently named one of the sexiest trainers in the country by Self. He and his wife live in Manhattan and Montauk.

you can do anything for 30 seconds.I have been loving and hating these workouts for 3 months now. I can now do modified pushups and jumping jacks.little by little. i am getting stronger.not bad for someone who HATES exercise, but with these exercises it it just so FUN! thank you Adam, (((virtual hug)))

Out of all the books and programs, this book is the most helpful one I've purchased. It has easy to follow workouts that don't require any equipment so that you can do them anywhere you go and it helps you maintain a healthy, fit lifestyle. I can't wait to see my results! :)

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. Then follows a warm up and a series of different exercise routines, with a plethora of different movements so you will not get bored and they will keep challenging you . The cool down employs some yoga moves too which I loved. The workout chapter ends with a training calendar. I really liked this whole section as though I usually do a gym workout each morning, I can now do this fat burners at home later in the evening, and do not have to buy any piece of equipment, and from past experience, these exercises that use your own body weight are usually tough enough but very effective. The "Eat Clean " chapter begins again with another realistic picture of a user of this program and launches into very basic but useful advice, such as clearing out those cupboards of anything that is not a real food, or my go to advice - if you cannot pronounce an ingredient on a label, do not buy it! The author is an advocate for real food, 5 meals a day, drinking plenty of water , correct portion sizes and making sure you get adequate amounts of protein, healthy fats, and fresh foods. The advice is not new , there are no recipes (though there is a basic smoothie guide to what types of foods should go into your at home smoothie) or suggested calorie counts, so those looking for a "diet" or detailed guide will not find it in this book, nor is there anything mind-blowing that you have not heard before. It is just useful basic tips to live by! This section could have been a bit more detailed, but there again the emphasis is on the exercise, and eating clean is just that, eating clean - keep it fresh, keep it natural!! I found it refreshing that this book then looks at mindset and describes it the "most important part of the book". And it is; for we can read about all the exercise and clean eating we want, but we have to have the actual mindset to do it -to make that change. The book explores 9 keys to a limitless life such as goal setting and charting a course. It is basically asking you to change your way of thinking during certain circumstances, and also consider yoga, medication, and simply being happy in the now! A great book and a simple read with common sense down to earth advice for health and fitness, with some killer workouts!

I love this book! Adam's workout is fast, furious, and FUN, and Adam's philosophy is real and inspiring. This easy-to-read guide will be your go-to again and again!

Practical, results oriented, no nonsense, butt-kicking applications.

Value,value and more value!! This is by far the best book I have read regarding fitness! Everything is explained clear, simple and to the point! I would highly recommend this book to anyone who is serious about diet and fitness, especially those who think they don't have the time.

I read through the book in a an hour or so. ..seems like solid nutrition advice and well thought out exercises.

Awesome book! Everyone should own a copy (and read it and do what it teaches)

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