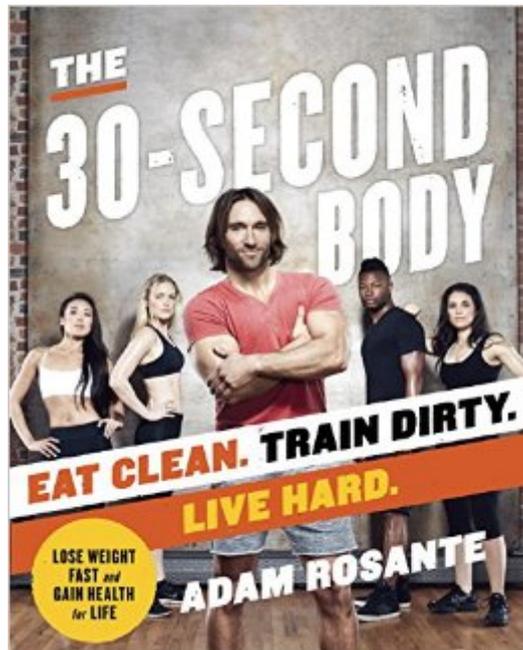


The book was found

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



## Synopsis

YOUR BEST BODY BEGINS HERE AND NOW! 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 Rosante's three-tiered, simple-to-follow plan:

- **Eat Clean:** Feed your body right with simple meals designed to help you feel your best inside and out. No weird and wacky diet gimmicks; just an easy embrace of healthy whole foods.
- **Train Dirty:** Using compound movements, progress overload, and high-intensity 30-second interval training, Rosante's exercises will skyrocket your metabolism, torch fat, and build lean muscle without requiring the use of a single piece of equipment.
- **Live Hard:** Strengthen the single most important muscle in your body: your mind. You'll learn how Lottery Mindset Marketing has conditioned you to fail in your weight-loss goals and how to overcome it.

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*

"Easy, effective, and efficient . . . [The 30-Second Body] is more like an easy-to-read playbook than an intimidating diet or fitness guide. It's filled with illuminating fitness quickies on how to build a better smoothie and high-intensity workout moves you can do anywhere."

—Well+Good

## Book Information

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## 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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Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book The 30-Second Body: Eat Clean. Train Dirty. Live Hard. Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training) Cassey Ho's Hot Body Year-Round: The POP Pilates Plan to Get Slim, Eat Clean, and Live Happy Through Every Season Drop 14 Pounds in 3 Weeks (2nd Edition): Lose Weight, Feel Great, and Live Healthy: Effective Tips to Burn Fat, Get Stronger, and Boost Energy (Live Lean, Live Healthy, Live Happy) Clean Eating: Fire up Your Weight Loss and Energy with Amazingly Delicious Clean Eating Recipes (Clean Eating Cookbook) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly

Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Blood Type Diet: Eat Right for Your Blood Type: The simple way to eat for weight loss and live a healthy life The Eat-Clean Diet Workout: Quick Routines for Your Best Body Ever (with DVD) Juice Up Your Life - Juicing Made Easy Guide And Tips, Live Healthy, Live Better, Live Longer! (Juicing Guide, Juicing Recipes) BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language) Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Summary - The Girl on the Train: Novel by Paula Hawkins -- Story Shortened into 35 Pages or Less! (The Girl on the Train: Shortened version -- Book, Novel, Paperback, Audible, Movie) Famous Train Shading Volume 1: Train Grayscale coloring books for adults Relaxation Art Therapy for Busy People (Adult Coloring Books Series, grayscale fantasy coloring books) Train Your Brain & Mental Strength : How to Train Your Brain for Mental Toughness & 7 Core Lessons to Achieve Peak Mental Performance: (Special 2 In 1 Exclusive Edition) HOW TO TALK DIRTY: The Original "How To Talk Dirty Guide" Includes 505 Examples of Sexting, Phone Sex, Hardcore & Kinky Sex Ideas Plus More

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