

BEST FAT BURNING WORKOUT WITH MINIMUM TIME

Without actually exercising is getting you nowhere, it's time to step up and start making things happen and quit complaining about how much time you have? Doing a little exercise takes a few minutes of your day. If you are ready to give a while of your time I have planned a 20 minute fat burning workouts that will literally having you



burn fat in no time. So are you ready for it?

Making It Quick with Supersets

I have the perfect type of workout for you. Supersets are probably the most innovated exercise for those of you who are always in a hurry. Each superset shouldn't last any longer then about two minutes in time. Think you can spare 120 seconds out of your day. In this workout you are going to perform a set of push ups followed

immediately with little or no amount of rest by a set of crunches. Now the idea here is to have twenty minute workouts so guess what that means? You're going to do 10 sets of pushups and crunches. Make sure you alternate and do not stop! This is very important to utilize every facet of your time. When doing crunches it will allow you to rest the upper body and when doing the pushups you can rest your mid section.

When you're ready for the pushup and crunch combination supersets, start out with ten regular pushups. When finished switch to the crunch position and hit ten repetitions. Follow these with ten wide pushups, and then ten more crunches. Finally, end your superset with ten triceps pushups (close grip push ups) and finish out with alternating crunches. So, how do you feel? I know, it's going to get you sore, but this is the way you have to workout to burn the fat and get rock hard body.

Do Legs and Abdominal Supersets Every Other Day

One thing you have to remember is, it's important to rest your muscles and allow them to heal. So if you are doing pushups and crunches on Monday, Wednesday, Friday, be sure to do your legs and abdominal supersets on Tuesday, Thursday, and Saturday. This is a twenty-ten-twenty routine where squats, lunges per leg, and calve raises are scattered between crunching sets. For example you are performing 20 repetitions of squats, followed by ten repetitions of lunges on each leg immediately followed by crunches and calve raises for 20 reps each. So now we're done with the supersets, now it's time to start something different.

Running and Walking

Which one you can do will depend on how fit you are in the beginning. If you can do a little of both that will be great, but chose the one which makes you the most comfortable. So, how far do you think you can run in a 20 minute workout? If you can do 3-4 kilometers without any problem, but try to push yourself. Each time you start to walk or run be sure to try and beat your previous time. If you have to write it down when you get back home then do it. Competition always raises the bar on exercising so if you have someone to do it with you, then by all means let them join you.

There are also many Other 20 Minute Workouts worth Trying

Many of you may feel like the above techniques and methods will be enough to get you where you want to be. However, I have a few others that can help you on your journey to be fit and healthy. One of the best exercises is swimming. If you ever wanted to tone every part of your body this is definitely one of the top three methods. See how far you can swim in a twenty minute period. If you really want to create variety and burn more calories in your swimming routine, then alternate some pushups and crunches in between laps.

Listen, you can do this and there is no better time to start then now. The negative thoughts have to be turned into positives or else you'll just be reading more articles and hoping that someday you'll have the body you've been searching for all along. Anyways who wants to live like that for the rest of their life? I don't either.