



Slim in 60 Seconds

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Anthony Alayon Presents

Slim In

60 Seconds

Workout

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Personal Disclaimer

We are not doctors, nor do we possess a degree in nutrition. The advice we give is based on years of practical application, dealing with the needs of our own health and physiques as well as the needs of others. Any recommendations we may make to you regarding diet, including, supplements and herbal or nutritional treatments must be discussed between you and your doctor/s.

Fitness DISCLAIMER

Required Legal Disclaimer: Due to recent laws from the FTC, it is required that all companies identify what a "typical" result is. The truth is that most people never do anything when it comes to trying to lose weight. They might buy a million products, including this one, but never do anything with the information they have in hand. The testimonials that you saw were of people who took action, followed a healthy lifestyle, exercised, and ate a balanced nutritional diet. If you want results like them, you should do this too.

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WELCOME TO SLIM IN 60 SECONDS WORKOUT

I'm excited to be sharing with you some of the most effective and time saving workouts I've ever created. The best part about this exercise routine is you can do it from the comfort of your own home in just 60 seconds.

We all know what a challenge it can be to drive to the gym. I quickly realized this problem with my clients and knew I had to come up with a better solution. So before we just into these routines, let's go over some tips to make sure you're safe.



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TIPS TO PLAY IT SAFE:

The following tips will help to reduce the risk of injury and to maximize your workout.

1. Focus on learning the exercise and executing with correct form before you add resistance. Ask for help from a Certified Personal Trainer if you are unsure how to properly perform any exercise. Exercises can be substituted if you have any injury or limitations.
2. If something doesn't feel right, please stop immediately. Don't take unnecessary risks. Any exercise can be regressed or substituted if you have an injury that is limiting your movement.
3. If you have an existing injury, make sure you get assessed and cleared by a physician. If you require treatment, seek professional help from a physical therapist prior to starting the program.
4. Interval training is intense. Only perform a maximum of 3-4 interval workouts per week to allow adequate recovery. Overtraining will set you back and also negatively affect your mindset.
5. Always be conservative. Never overdo it. It's very important to remain safe at all times.
6. Start your training conservatively if you have not undertaken physical activity for a long period. Even if you feel fine, I advise you to get clearance from



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your physician if you are over 30 years old.

7. Prior to working out, make sure you properly warm up. Follow the dynamic exercises specific for each workout – a warm up is not optional!
8. Never train to failure when alone. Make sure you have a spotter if you are lifting weights. If you train at home by yourself, closely follow my recommendations and DO NOT train to failure.
9. If you feel exhausted or need an extra day of recovery, take it. Rest and recovery is just as important as the training itself. Remember, quality trumps quantity. Listen to your body and don't push yourself to injury.
10. Before starting any new diet or exercise program, check with your doctor first. If your doctor does not recommend you do exercise, listen to your doctor and follow their instructions.
11. Adjust your training in different climates. Take care in warmer months, train conservatively in extreme heat/humidity and always hydrate.
12. OK you get it. Train safe, train smart, train hard. Listen to your body.

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AFTERBURN TRAINING

Afterburn training refers to methods and techniques that cause your body to burn fat AFTER the training. This fat burn effect typically lasts for about 24-48 hours and is due to an increased metabolic rate.

And for your Slim in 60 Second workouts, this is the type of training we'll be focusing on and talked about during the free video presentation you previously watched.

AFTERBURN TRAINING TECHNIQUES INCLUDE:

- Resistance training with short rest periods
- High Intensity Interval Training
- Circuit training w/ weights
- Bodyweight Circuits

Avoid the Metabolism Killer

If you are performing endless hours of running on a treadmill for miles and miles, your body will naturally want to find a way to make this easier for you. The best way the body can do this is through two mechanisms...

1. Burning up your precious muscle tissue.
2. Adapting to aerobic exercise and therefore, burning less calories

Burning up your precious muscle tissue is something that us women do not want happening. Muscle is metabolically active tissue. It requires calories.

The more lean muscle tone that you have on your body, the better your

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metabolism will be. The less muscle tone you have on your body, the more sluggish your metabolism is going to be.

By performing hours and hours of slow, go, cardio, you'll overtime force your body to break down your muscle tissue to be used for energy.

Just take a look at any serious marathon runner. They're pretty skinny right? Almost, too skinny?

This is not the look that I would advise you to strive for if you want a fast, fat-burning metabolism for the rest of your life.

Plus, this type of exercise that we just talked about is very easy for your body to adapt to, therefore you'll be burning up less and less calories each time out.

Remember the presentation? It's just like having the cruise control engaged on your car.

This is why long boring steady state cardio is NOT a part of this program.

Now I know steady state cardio has awesome benefits and is great for burning fat on the spot, however, it is becoming a thing of the past.

Not because it is not effective, but simply because scientists have found better, not so boring, proven methods that include some of the same benefits.

Did I mention these methods work 2xs faster too?

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*** NOTE ***

I am not advising you to NEVER go out for a run or take a spin class, or hop on an exercise bike. I am speaking in context to your specific goal (which is to lose weight fast) and to boost your fat-burning metabolism.

If you want to do some extra physical activity, then by all means, go for it! Now, let's talk about a unique form of cardio training.

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H.I.I.T

What is HIIT?

A form of cardio training that involves cycles of high intensity bursts and low to moderate intensity recovery. The ratio is typically 2:1 but may vary. For example, a HIIT routine on a stationary bike might be 7-8 cycles of 30 second sprints and 60 second moderate intensity cycling.

Benefits of HIIT

- **Efficiency:** HIIT burns more calories and increases cardiovascular fitness, faster than state cardio.
- **Less Time Consuming:** This type of training only takes 15-20 minutes.
- **Afterburn:** HIIT increases your metabolic rate and allows your body to burn calories up to 24 hours after training.

Other benefits of HIIT

- Balanced blood sugar levels
- Improved muscle function
- Normalize cholesterol
- Increased bone density and
- Time efficiency

How to perform HIIT:

The point with HIIT is to get out of breath. If you're doing it on a machine, choose a resistance that allows you to perform 80-90% intensity sprints. I prefer to go outside and shake things up a bit. Here are some ideas:

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SPRINTS

Choose a start and an end point (ideally about 10-30 yards apart). Start off by sprinting to the end point at about 90% intensity. Then simply walk or jog back to the start point. Once you have reached the start point, immediately sprint back to the end. These can be done in cycles of 15-25.

TREADMILL HIIT

Alternate 60 second jogs with 10-30 second runs. If you want to crank it up a notch, performing these at an incline is a killer. The 2:1 ratio of intensity will vary depending on what phase of the program you are in.



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CIRCUIT TRAINING

What is circuit training?

A workout routine that involves performing sets of several different exercises with little rest in between.

Benefits of Circuit Training

- **No Equipment Needed:** Circuit training routines can easily be done with no equipment and very little space.
- **Increased Muscle Endurance:** This form of training is a great way to increase muscle endurance by keeping constant tension on every muscle used.
- **Afterburn:** Circuit training increases your metabolic rate and allows your body to burn calories up to 24 hours after training.

Other benefits of circuit training

- Time efficiency
- Backed by science
- Increased metabolism

How to Perform Circuit Training:

Choose 4 different exercises and put them in an order where muscle groups are separated. Start off with the first exercise and perform it for 15 seconds at a high intensity. Once you have completed it, take a break for 10-15 seconds.



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Following your rest, move on to the next exercise and perform that one for another 15 seconds at high intensity. Continue this until you have finished all 4 exercises, and then take a 1-2 minute break. The idea is to perform the circuit and/or circuits as many times as possible.

IMPORTANT: You Can Get Video Tutorials on How to Perform These Exercises by Clicking The Link Below



[CLICK HERE TO VIEW THE VIDEO EXERCISE DATABASE](#)

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SLIM IN 60 SECONDS CALENDAR

IMPORTANT: Below The Workout Charts
Are the Exact Exercises You Must Perform.

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Week 1	Rest	Workout (A – 3 Cycles)	Workout (B – 3 Cycles)	Rest	Workout (A – 3 Cycles)	Workout (B – 3 Cycles)	Rest
Week 2	Rest	Workout (A – 3 Cycles)	Workout (B – 3 Cycles)	Rest	Workout (A – 3 Cycles)	Workout (B – 3 Cycles)	Rest
Week 3	Rest	Workout (A – 4 Cycles)	Workout (B – 4 Cycles)	Rest	Incinerator Circuit	Workout (B – 4 Cycles)	Rest
Week 4	Rest	Incinerator Circuit	Workout (B – 5 Cycles)	Rest	Workout (A – 5 Cycles)	Incinerator Circuit	Rest

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SHORT CIRCUIT

Routine (A)	Routine (B)
Mountain Climbers Push Ups Squats Jumping Jacks	High Knees Push Ups Vertical Jumps Squat Thrusts

These 2 routines above will be the main routines that you use for your first 2 phases of Slim in 60 Seconds. They are designed to hit every major muscle group in your body.

Allowing you to tone and sculpt your problem areas while also stimulating the Adipo-Burn effect inside.

Remember to perform each exercise for 15 seconds before moving on to the next exercise without any rest.

Weeks 1 and 2, I want you to perform 3 cycles of each workout. Weeks 3 and 4 will be 4 cycles, then 5 cycles total.

It is set like this to allow your body to keep guessing and not become accustomed to these workouts.

Adaptation is good, but also a metabolism killer.

All that I ask is you give it your best shot. Push the intensity during each workout and give it all you've got. It doesn't take long so make it worth your while.



THE INCINERATOR

How to perform The Incinerator?

Like circuit training, take 6 different exercises and list them in an order where muscle groups are separated. Instead of putting a time on each exercise, we will be using a repetition amount (the amount of reps does not have to be the same).

Start off by performing the first exercise for the given amount of reps, then transition right into the next exercise.

Try to perform every exercise for the given amount of reps as fast as possible (you may or may not have to rest in between exercises). Resting between sets is recommended but not required.

The idea here is simply to set a timer on 12 minutes and blast through this routine as many times as possible. The goal every time you perform The Incinerator is to outperform your last performance by finishing more cycles in the same amount of time.

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Number	Exercise	Reps	Rep Tempo	Rest
1	Burpees	10	N/A	15 Sec.
2	High Knees	30	N/A	10 sec.
3	Push Ups	25	N/A	15 sec.
4	Jump Squats	15	N/A	15 sec.
5	Mountain Climbers	30	N/A	10 sec.
6	T-Push Ups	10	N/A	10 sec.

All in all, you don't need to exercise for long extended periods of time in order to get the most bang for your buck. You just need to push the intensity and hit every major muscle group. If you do this, then there is no doubt you will tone and strengthen your problem areas while also boosting your female fat-burning metabolism.

Remember to be safe and enjoy the process.

- *Roseann Felice*