



A C H I E V E
**DOUBLE THE
RESULTS**

IN HALF THE WORKOUT TIME

by Carolyn Hansen

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Introduction

If you've recently made the decision that you're going to start putting forth more effort to get into the best shape of your life, it's time to get your game plan down for success.

Perhaps one of the biggest mistakes that far too many people make as they go about trying to achieve any fitness goal is not thinking about how they can **maximize** the progress they see.

They get any routine down that they find available and then start moving through the process, hoping that they will see the results they're going for.

Only months pass by and while they have made some progress, it's nothing like what they were hoping to achieve.

For the amount of time and effort they've put into their workout program, they simply expected **more**.

If this sounds familiar, it's time to wake up to some of the newest fitness discoveries that have happened over the last 5 years or so. Now, fitness has been revolutionized as researchers have discovered far more effective ways to go about building your program so that you not only burn fat at twice the speed, but also see far more dramatic increases in your fitness level as well.

In this book, I'm going to cover the in's and out's of creating a workout routine that will help you completely transform your body—**in half the time**.

You're a busy person. You have a demanding career to attend to or a family that is constantly requesting your time. You have extra-curricular obligations that demand that you are putting time and energy into areas that you may not have and energy to give.

Where does this often leave your workouts?

On the wayside—that's where. You may go **weeks** at times before seeing the gym because you were just too busy to keep up with your normally schedule workout program.



But, if you can create a workout program that's going to happen in half the time—a workout that you can even do in the comfort of your own home if you have a few simple pieces of equipment, wouldn't that make it far easier to stay the course?

It would. By learning the following techniques, leading a fit and active lifestyle can now be a real possibility for you. It just takes being open to change, embracing the following concepts, and being willing to work hard.

I would be misleading you if I told you that the workouts that I am about to show you were simple. They aren't. They are intense. They will challenge your physically. They will push you to your limits.



But they will also deliver you results that you never thought possible. So if that's the game plan you want to be on, pay attention because we are about to get started.

Step 1:

Why The Full Body Workout Trumps Any Split

The very first thing that you need to get squared away from the start is the overall workout approach you are going to be utilizing.

If you are currently doing a body part split routine, this is working directly against you for two key reasons.

First, it's requiring more time in the gym total. If you are doing an upper/lower split for instance, you need to hit upper body twice and lower body twice, calling for four days total.

Do you **really** have four days to get into the gym?

Most people simply don't and that's where the problem begins. If you put yourself on an unrealistic program from the start, you're virtually setting yourself up to fail.

Not example a clear path to success, is it?

Instead, the full body workout will have you in the gym two to three days max. If you are really pressed for time, two days will be sufficient. It isn't **ideal**—three days per week will supply slightly superior results, but you can certainly still maintain your fitness level and work on burning up body fat by hitting the gym twice per week.



The second reason that body part split is holding you back from success is because it's not creating the metabolic response you really want to be seeing. When you hit the gym, you now very well that you will be burning calories.

Since you are performing more work than you would be sitting on the couch watching a movie, your total calorie burn **during this time** is going to go up. In most cases, significantly. If you are doing an intense workout, you can expect to burn up to 7-10 times more calories than you would doing an sedentary activity.

So this will help with fat loss. **But**, and this is a big but, if you don't structure your workout properly, you will stop burning calories at a faster speed once the workout session is over.

This is not what you want. In an ideal world, that workout would help you keep burning calories faster for hours so that you are torching fat all day long. **That** is precisely what a full body workout will do for you.

By doing a full body workout, you will be working more total muscle fibers in each and every session you do, thus evoking a much greater level of tissue damage. Remember, each time you pick up a weight and start lifting it, you are going to create tiny micro tears in the tissues that then need to be rebuilt back up stronger than they were before (that is, of course, assuming you are providing an overloading stimulus on those muscle tissues).

This is the process of progress.

Now, the more intense that workout is and the more total muscle fibers that workout recruited, the more damage there will be created.

And, that repair process that then needs to take place in order to restore your body back to normal and allow you to grow stronger is a very energy demanding process. Your body has rebuilding to do and will utilize fuel to do this process.

So the more total tissue damage that you create, as you might expect, the more total energy it will take to restore your body.

This is why full body workouts are so powerful. After doing one intense session, you'll have evoked a very large level of tissue damage and your body will be working hard for the next 48 hours to repair it while helping you grow stronger.

This means more total fat burning for 2 days straight after doing that full body workout.

So not only are you going to save time, but you are going to see greatly accelerated results as well. If you perform a full body workout three days a week, doing a workout on every other day, this will have you virtually burning up calories faster all week long.



The difference that will make in your weight loss efforts is incredibly dramatic.

And let's not forget the progression factor as well. You progress from your workouts whenever you break a muscle tissue down and build it back up again. This is what allows you to come back stronger so that if you were to face that same stressor again, this time you would be better equipped to handle it.

The more frequently you can break that tissue down then and rebuild it back up, the faster your progress is going to be moving along.

This is what a full body workout allows you to do. Since you will be hitting each and every muscle group in the body up to three times per week (or some weeks, possibly four if you want to stick with a day on/day off set-up), you can see how quickly things will move along.

Compare this to the upper/lower split, which had you hitting each muscle group twice per week, or even worse, the body part split which has you hitting each muscle group roughly once per week total.

Both of these simply don't have a very high frequency of stimulation for your muscles and this can then begin to hold you back from progress.

So the very first thing that you must do if you want to see success in half the time is move over to a full body workout setup if you are not already doing so.

It will make a very large difference in the total results that you see moving forward—this I promise you.

Step 2:

Getting Your Exercise Selection Down

The second step now that you have seen the light of what a full body workout has to offer is getting your exercise selection down.

Just as the way in which you divide up your workout program has a very large influence on how quickly you burn fat and achieve faster fitness, so will the exercises that you choose to do.

Pick the wrong exercises to perform in the gym and you'll literally just waste time and effort—often seeing very little results to show for it.

Fortunately, with a few smart and relatively small adjustments, you can get back on track once again.

If you have not already noted the difference between compound and isolation exercises, this is the very first thing to get straight in your mind.

Compound exercises are those that are going to utilize multiple muscle groups at once. Squats, deadlifts, bench press, bent over rows, shoulder presses, and pull-ups are all excellent examples of compound movements.



Isolation exercises, on the other hand, are those moves that will target just a single muscle group at once, in isolation of all others. The bicep curl, the tricep extension, the lateral raise, the leg extension, the hamstring curl, and so on are all examples of exercises that will have you focusing in on just that single muscle group.

So knowing this, which do you think will burn more calories?

If you said compound exercises, you are right on top of your game. The more muscle fibers you again work in any given exercise, the more total tissue breakdown and recovery you will experience from each workout session.

Likewise, do a set of heavy lunges compared to a set of heavy leg extensions and see which one leaves you out of the breath the most.

Hands down, the walking lunges will. In fact, doing a heavy leg workout can very easily compare to doing the most intense cardio workout you have ever done, so if you are hoping to improve your cardiovascular fitness level, it's a great idea to start adding in compound exercises.



Isolation moves do have their place in any workout routine as they can help to bring out more muscle definition once you have built the strength and size you want from the larger muscle groups, but they will never be as effective for total body conditioning as compound movements.

Compound movements are also going to be far more ideal for boosting your strength as well. Since you will have more total muscle fibers working whenever you complete each rep of the exercise, this means more total weight will be able to be lifted.

The more weight you lift, the more strength you gain—as simple as that. What's more is that when you gain muscle strength like this from lifting heavy weights, if you were to start lifting lighter weights again, you'll notice that your endurance level is significantly increased. This is due to the fact that the light weight now feels far easier, meaning you can lift it up and down a much higher number of times.

If you also partake in any endurance related cardiovascular activities (such as distance running or cycling), you should also see transfer over benefits to these activities as well.



Remember, you don't have to be performing **endurance training** to boost your endurance level. Very intense exercise will help to boost your endurance just the same and improve your overall rate of fatigue management. By lifting so heavy, your body will be able to tolerate a

higher level of fatigue build-up in any exercise you do, allowing you to push through those difficult sets or workouts with ease.

Finally, compound exercises also save you time, which is the topic of this book to begin with. Since you will work multiple muscle groups at once in each of the compound exercises you do, this literally means that you can shave down the total number of exercises performed in half—or even more.

Imagine if you had to go into the gym and perform bicep curls, tricep extensions, lateral raises, front raises, reverse fly's, leg extensions, hamstring curls, chest fly's, calf raises, and so forth—you'd be there all day hitting each muscle individually like this.

But, if you perform the squat, the bench press, and the bent over row, you'll have virtually worked every single muscle group in the body **with three exercises.**

Of course you can do more exercises if you want to and most people will just to better round out their routine, but you don't have to if you don't want to and that's key.

If you are someone who is very time pressed, you can literally see tremendous training gains from as little as a 15 minute workout session if you are utilizing heavy compound lifts.

Most people will choose to utilize a combination of heavy compound exercises along with lighter weight isolation movements in their workout program and this is perfectly fine as well. Balance is key however and the focus should always be put primarily on the compound movements.



Step 3:

Coordinating Reps, Sets & Rest For Maximum Efficiency

Now it's time to look at the finer details and really get into the specifics of your workout approach. This includes the sets, reps, and reps for maximum efficiency.

While regardless of what you do at this stage, if you are performing a full body workout along with compound exercises, you will be on your way to success, by selecting the proper range of sets, reps, and reps you can take things one step further.

This will help ensure that you are making absolutely certain that you are getting the best metabolic response from each workout that you do and will be strengthening your body with each session you do while improving cardiovascular fitness as well.

These are all going to be inter-related with each other, so it's critical that you take into account what your sets, reps, and rest will be in accordance with **each other**.

Let's look at each one individually.

Repetitions (Reps)

Your reps performed refers to how many times you lift a weight up and down through the pattern of movement before setting it down to rest.



Reps is going to be directly correlated to the weight you are lifting because the more weight you lift, the fewer reps you will do before you hit that point of fatigue.

Likewise, the less weight you lift, the more reps you can perform.

Now, contrary to what many people believe, higher rep, light weight training is **not** the best way to evoke a strong metabolic response, nor is it really the best way to boost your fitness level either.

Going up to around 12-15 reps can be beneficial at times, but anything higher than this and you will start to see depreciating gains. Basically, the higher you go beyond 15 reps, the lower your total results will be in all regards of your workout progression.



You will also want to be using fewer reps when performing compound exercises versus isolation due to the fact that you can simply lift more weight with these exercises. More total muscle fibers working means more weight is lifted and thus, reps will go down.

To ensure that you get a proper calorie burn after the workout is completed, you do still need to keep them high enough however to get out of breath. Do sets of 5 reps and you'll likely find that you aren't seeing the best fat results possible. You'll likely find that your strength level is significantly increasing, but if fat burning is the goal, going slightly higher is a wise move.

So what's the magic number? How many reps should you be doing for optimal fat burning?

For compound movements, in order to derive strength, fitness, and metabolic results, you'll want to be lifting in the neighborhood of 8-12 reps. This will be perfect for still keeping the weight high enough, while also generating that level of fatigue that you need to be feeling to really create those muscle tears necessary for the post-workout calorie burn.

On isolation movements, since you will not be able to lift as much weight with these due to the fact that you are only utilizing one muscle group at a time, you'll want to keep the rep range slightly higher, in the 10-15 rep range.

Like we said earlier, going beyond this will get less effective and will only make your workout drawn out anyway.

Better to keep the sets short, sweet, and intense, and reap all the benefits that comes with that.

Sets

Next we need to consider the sets you are performing. Now, it's time to keep this in the **context** of what we are trying to achieve here: short, highly effective workout sessions.

The thing to know with sets is that you get diminishing returns with them. So basically, that first set (not including any warm-up sets you may be doing) is going to be the one that will produce the absolute highest results. It's the most important set and where you really want to give it your all.

That second set? It'll produce good results as well, but not quite as much results as that first set did.

The third set? Now you're starting to see more mediocre results. Your body is getting tired, you may not be doing as many reps total, and you just aren't "feeling" it like you did with that first set.

Go on to do a fourth set and your rate of progress is really starting to slow.



Now, don't get me wrong. Some programs will call for up to 5 sets per exercise and there is a reason for this—it can be beneficial depending on what your goals are, your training status, and the workout set-up you are using.

But, for someone who is hoping to maximize time and efficiency, doing five sets is really just pointless. You

aren't going to get your biggest bang for your buck on those later sets, so why do them?

If you want to get in and out of the gym quickly, they simply aren't going to be paying off as you had hoped they would.

So for a workout that is as time efficient as possible, you should be aiming for 1-2 sets tops for all your exercises. Those who are a little more advanced should opt for two sets as this will likely be needed to add a bit more volume to evoke training gains, while beginners will do fine with a single set exercise.

The only one rule when doing this low set level like this is that **each set must count**. You need to give 110% effort in each and every set you do otherwise you simply won't be stressing the muscle enough to see the results that you were hoping for.

Rest

Finally, the last thing that you must take into account is the amount of rest you are taking between your sets. This is a very critical element in determining how much of a metabolic response you get from that workout—in other words, how fast you burn up body fat.

The key here is to rest long enough that you are still able to lift that heavy weight, but not let the rest period drag on so long that you lose the cardiovascular intensity of the session and therefore lose the metabolic enhancement aspect.



The biggest factor determining how big of a boost you get to your post workout calorie burn is how much weight you are lifting total and how much of a rest period you take between each lift.

Heavy weight training with shorter rest periods is what will produce the best results in terms of boosting your metabolism upwards. Do this

and you can easily expect to burn calories at a faster rate for those 48 hours post workout.

The trick though is still ensuring that proper form is kept up. Never, and I mean never, allow a shorter rest period to sacrifice the form that you maintain on the exercises you perform.

If you lose good form, you will put yourself at risk of injury and you won't even be targeting the muscles as you should be, therefore it will be pointless to continue onward.

So for your heavy compound exercises, you'll want your rest period to land right around the 30–60 second mark. You might even consider "supersetting" two compound exercises—an upper body movement with a lower body movement' for a very intense protocol that will work the full body in a minimal period of time.

Supersetting is a fantastic way to create highly effective workouts that are short on time so I recommend everyone consider it.

If you are doing isolation exercises in your workout routine, then you can take their rest periods slightly shorter, allowing for 15-30 seconds rest in between. Again, supersetting isolation exercises is a great way to boost the metabolic response while still helping you maintain proper form in each exercise as each muscle group begin worked will have more total down time to rest (since you have to perform the second exercise in the superset before coming back to it).



So there you have the three main factors that will go into determining how you structure the exercises that you choose to do in your workout protocol.

Now let's finish off by saying a few words on the cardio element of things.

Step 4:

Where Does Cardio Come Into Play?

You might find yourself asking now where cardio comes into play? How do you add cardio training to a maximally time efficient workout session?

If you are someone who is used to hitting the gym early on for a 30-45 minute cardio session or doing this at home in your basement before you start your day, you will be relieved to know that if you are doing the workouts as structured above, you actually **will not need** to do this type of cardio any longer.

What?!?

I know that might be what you are thinking. Thoughts of rapid weight gain race into your mind as you picture a world without any form of cardio training. You **need** to do cardio. You will simply gain weight if you don't.

But the catch is—you won't. The reason you needed all that cardio training in the past was because you just weren't giving yourself the metabolic response you needed from your workout sessions.

As a result, your metabolism was stuck on a super slow speed—and even worse, for many of you, the more of that cardio you did, the slower your metabolism got as your body started adapting and begin losing muscle mass as well.

Study after study has illustrated that all that moderate intensity, long duration cardio training simply does not help you burn fat—hardly at all.



But when you crank the intensity up a notch, that is where the real magic starts to happen. This is again why we have created such short rest periods in the workout protocol noted above. In doing so, you will actually get your cardio training **while** you are doing your strength training workout sessions.

The two will go hand in hand, allowing you to reap the benefits of both types of training in just one single workout.

But, for those of you who still love your cardio training and want to incorporate some cardio elements into your conditioning program, you can certainly do so by performing a number of “cardio bursts” into your routine.

To do this, you will simply add in 60 seconds of any sort of cardio based exercise between the sets that you perform.

This could include:

- Burpees
- Mountain climbers
- Jumping jacks
- Skipping
- Tuck jumps
- Squat jumps
- Lunge jumps

...and so on. This allows you to get more creative with your workout program, customizing it to your own needs and preferences.

This will also allow for a big of a break between the heavy weight strength training movements as well, ensuring that you are recovering fully between them—without having to actually take time off to allow for complete rest to occur.

These cardio bursts can help to boost your total calorie burn during the session as well as post workout even higher, so can be a great part of this workout program set-up.

It's not necessary, but if you want to take fat loss to the next level and also make absolutely sure that you are doing everything you can to boost your fitness level, they are a good addition.

Just never let them overtake how many actual strength based movements you are doing because at the end of the day, the strength based exercises are the ones that will yield superior results both in terms of enhancing your body composition as well as totally reshaping your body.

So there you have all the details on how you can create the time efficient workout program to help get your fitness level up, burn fat, build muscle, and still carry on with your normal day to day living and obligations.

Getting fit on a tight time schedule really can be possible as long as you keep these important factors in mind at all times.

To help you get started, let's now show you your workout program.



Step 5:

Your Time Saving Routine For Maximum Results

Below you will find your workout program to help slash time while still yielding a high level of results. Note that this should be done on a day on/day off format, so Monday, Wednesday, Friday or Tuesday, Thursday, and Saturday would both be viable options depending on what you prefer.

Remember to adjust this based on your own skill level as well. Listen to your body and coordinate your routine to match. Some may only be able to do one set of each exercise, while others may want to do 2 sets.

Likewise, if you do need a little more rest time than what's indicated, feel free to take it. It's better to add another 15-30 seconds of rest between exercises and to ensure that you maintain good form and lift as heavy as you can than it is to move out of good form due to lack of total rest.



Finally, you might be tempted to perform these workouts more often. Perhaps you really want to see the fastest results possible and think that if you do 3 workouts per week, 4 or 5 would be even **better**.

Do not do this.

I warn you. Because of the fact that these workouts are so highly intense, if you are doing them on numerous days per week, not allowing for that full day off for rest and recovery between sessions, it's going to come back to get you. You are going to find that you don't feel nearly as well-rested and soon, you will reach a place of burnout and overtraining.

You will start losing muscle mass, which will just make fat gain that much easier down the road, and you will start getting weaker.

There is such a thing as too much exercise. While exercise is very healthy and a great way to keep yourself in impeccable form, especially as the intensity of the exercise you are performing goes up, it becomes incredibly vital that you are being mindful of rest and recovery.

The body can only take so much intense exercise at once, so be respectful of this.

Let's show you your workout routine.

Day 1

Exercise	Reps	Sets	Rest
Bench Press Supersetted with Squats	8	2	60 seconds
Lunges Supersetted with Shoulder Press	8	2	60 seconds
Burpees	1 minute straight	2	30 seconds
Deadlifts Supersetted with Bent Over Rows	8	2	60 seconds
Bicep Curls	12	1	30 seconds
Tricep Extensions	12	1	30 seconds

Day 2

Exercise	Reps	Sets	Rest
Incline Bench Press Supersetted with Walking Lunges	8	2	60 seconds
Sumo Squats Supersetted with Shoulder Press	8	2	60 seconds
Mountain Climbers	1 minute straight	2	30 seconds
Step Ups Supersetted with Pull Ups	8	2	60 seconds
Lateral Raises	12	1	30 seconds
Front Raises	12	1	30 seconds



Achieve Double The Results In HALF The Workout Time

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Day 3

Exercise	Reps	Sets	Rest
Bench Press Supersettted Jump Lunges	8/1 minute	2	60 seconds
Squats supersettted with Mountain Climbers	8/1 minute	2	60 seconds
Shoulder Press supersettted with Jumping Jacks	8/1 minute	2	30 seconds
Bicep curls supersettted with Tricep Extensions	8	2	60 seconds
Calf Raises supersettted with Lying Leg Raise	12	1	30 seconds
Burpees	1 minute	1	30 seconds

Conclusion

So make sure that you are not wasting your time in the gym any longer. Be smart with how you train, utilize the above mentioned principles, and you can once and for all reach your body weight without feeling like it's going to take hours and hours each week.

Put in the work and I know that you will be more than impressed at the results you see from doing this protocol.

Ready to get started?

It is very easy to read through a short report like this one and find yourself agreeing with almost everything that has been said. Then the report is closed, you go on with your day, and nothing in your life changes.

But I don't want you to wait for tomorrow. Allow this report to be the instigating factor for change in your life and visit the following link to sign up now for my Minimalist Fitness program. It is not expensive.

In fact, compared to the value you will derive from the health benefits associated with taking action today along the time you will save from knowing how to exercise efficiently and effectively the investment will be truly miniscule:

Join Me Today And Allow Me To Teach You How To Get The Most Results With Half The Workout Time.

Cheers,

Carolyn Hansen