



# **Sprinting For Weight Loss: How To Achieve An Accelerated Metabolism And Lose Weight Fast In Just 10 Minutes A Day (Weight Loss Tips, Running For Weight Loss, Losing Weight Fast)**

*Jessica David*

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## **A Faster Way To Lose Weight, If Not One Of The Fastest**

There are many methods to losing weight fast. When it comes to the best exercises for incredibly fast weight loss there are none better than the sprint. Sprinting is for both men and women and can be performed with very little equipment (shoes are recommended). It activates almost all of the muscles on the body and can help achieve a lean, toned, strong body for any physique. The power of using 95+% of your potential speed and activating your fast-fibers muscles is tremendous!

### **A Sprint Work Out Literally Takes Minutes**

Tips For Speeding Up Your Metabolism

#### **Less but Frequent Exercise**

It has been proven by scientists and athletes that by having several ten minutes workouts, you stand to lose more weight than if you did one thirty minutes long workout. These smaller workouts keep your metabolism high for longer periods of time resulting in the burning of more fats.

#### **The After Burn**

After burn is the ability of the body to keep burning fats way after your workout. The more intense your workout is the more calories you will burn and even continue to do so after you have left the gym. You can use some high intensity interval workouts to get higher metabolism burning rates. The good thing about these types of workouts is that they will leave your body burning calories for twelve to around forty-eight hours after the workout. This means that you will burn more calories and thus lose more weight faster and safer.

#### **Drinking Lots of Water**

It is advisable that you drink at least one liter of water per day; water pre-vents you from bloating and also increases your metabolism rate. It also flushes excessive water weight from your body. Drinking chilled water is the best option for it leads to your metabolism rate being raised by your body in order to warm it up.

This book also includes foods and routines that will aid in your weight loss goals. By implementing these weight losing protocols one will be able achieve blistering fast loss. Once you have learned how to exercise and what to eat pre and post workout, you will start seeing changes in your body as you continue working out and follow the tips and guidelines outlined for you.

## Inside You Will Learn

- Metabolism And How It Works
- Nutrition Tips For Pre And Post Workout
- Sprinting And Its Effectiveness
- Exercise To Accompany Sprints
- The Calories Burning Process And The Amount
- The Low Intensity Workout Misconception

Uncover this book and discover how sprinting can achieve an accelerated metabolism and lose weight fast!

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