



**Quick Workouts: HiTiT - The No Gym Needed Method To Get Lean In Only 10 Minutes!: 10 Minute Quick Workouts Using Steady State Isometrics For Explosive ... - Hiit and Steady State Isometrics Series)**

*Tristan Eriq, P. James Holland*

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Breakthrough technology using Steady State Isometrics which 10x's your results of the normal outdated HIIT workout. For explosive Starting Strength.

You are either busy taking care of our family or busy with work/school. You always have something going on in this busy world. But I found a solution!

How do you balance personal excuses, schedules and life in general so that you can get the body you want in the least amount of time, WITHOUT joining a gym?

The best way to make sure you can work out and enjoy it is to allow yourself to have full and complete control over the workouts... build the workout plan that works for you using the HiTiT Method and you will get lean and most of all STAY LEAN in less than 10 Minutes. When using HiTiT there is No Gym Needed, so forget the equipment.

All these things require the right knowledge and can be tricky to implement and manage within your already busy schedule.

Get Quick Workouts Now!

In this book you will learn how to put your body in fat shedding mode even after you are done working out. Tristan came from being an NCAA Athlete to a Semi Professional Athlete. He was searching for years to find the perfect formula to avoid the gym and he finally cracked the code.

In this how-to bodyweight exercises guide, the reader will be given:

- Total Body Workouts in less than 10 minutes a day while burning fat for up to 48 hours after you are done.
- There are quick start programs that you can start with today.
- Use the new High Intensity Tandem Interval Training method paired with Steady State Isometrics.
- Starting Strength: Increase your explosiveness for starting strength.

HiTiT is the ultimate guide to losing fat, staying lean and being able to spend more time doing the stuff you love and less time at the gym.

From now on your busy schedule will no longer have anything to do with working out. You only need 10 Minutes 3 to 4 days week to dominated the Adventures in the Weight-Loss Game.

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