



# **Metabolic Resistance Training: How to Super Charge Your Workouts, Cut Exercise Time by 2/3, and Perform NO Cardio**

*Chris Lutz*

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Metabolic Resistance Training

Make no mistake about it, you're not exercising to give your body all the work it can stand. Anything beyond the minimum amount required to stimulate the best result is counter productive which makes it hard for you to progress and to stick with it consistently.

What's worse, if you're doing any decent amount of cardio, you're probably wasting your time, reducing your lean muscle tissue, and hindering results. You'll never reap the full benefits if you continue to give your body all the activity it can handle. What you need is a reasoned, scientific, and logical approach to maximize your results. Don't keep making the same mistakes over and over again. Read this book and try it out! It will literally inject new life into your training routine with noticeable improvements almost instantly. All while saving you time. You'll be able to cut your workout time by 2/3 and get better results.

That's what this approach is all about. It's a comprehensive philosophy that will give you the road map to designing the correct workout for you.

- Learn appropriate set and rep schemes.
- Learn how often you should workout ideally.
- Learn how much rest you need between workouts.
- Learn about metabolic resistance training.
- Learn why most traditional approaches can actually hinder your results.
- Learn the old school, but little known secrets to getting to where you want to be in your strength and body shape.

Learn what exercise is and is not. We'll show you what principles must be employed for your body to adapt positively. And we'll show you what the difference between intensity and weight.

What if there was a way that you could combine muscular and cardiovascular benefits of exercise without sacrificing lean muscle tissue or lowering your metabolism as is usually the case? Well, there is, but it takes a special way to organize your workout and to perform it. The days of long slow cardio are GONE! Not only is that ineffective, but it has a high injury rate too. Don't do that to yourself. Read this book and learn how to get the most from you routine without injury.

By the end of the book, you'll be able to create your own safe, effective, and efficient training program best suited to you. Or just choose from one of our 10 general or specialized HIT routines contained in the book. You'll develop the knowledge to change and make it a sustainable effort over time to keep you consistent. You'll be able to adapt to the ever changing dynamic situation that is a progressive training program.

Also included:

- 10 general and specialized HIT routines.
- Metabolic resistance training routines.
- Over 20 advanced HIT techniques for added variety and to set your metabolism on fire.
- How to calculate 1RM and training percentages.
- What makes HIT different.
- How to avoid a fight or flight response and get the most out of your workouts.
- How to prevent, recognize, and correct over training.
- The difference between mechanical work and metabolic work.
- NEW HIT Specific RPE Scale.
- Tips on proper breathing during exercise.
- How to work around injuries and use post-rehabilitation.

All of this is contained in this one book. The knowledge you'll gain here will literally last your entire life and keep you on a progressive path to success.

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