

FREE MEN MAX WORKOUTS KICK START LEAN BODY GUIDE PDF

[max workouts review the ultimate 30 minute workout](#)

Diet Guide (New Lean Body Diet) This is free add-on that's being offered with the product currently. I'm not sure how long they're going to offer it at no extra charge.

[interval training wikipedia](#)

Interval training is a type of training that involves a series of low- to high-intensity workouts interspersed with rest or relief periods. The high-intensity periods are typically at or close to anaerobic exercise, while the recovery periods involve activity of lower intensity. Varying the intensity of effort exercises the heart muscle, providing a cardiovascular workout, improving aerobic ...

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5-Minute Rounds Perform each exercise for 60 seconds each with no rest in between. Rest for 1 minute and repeat for 3-5 rounds. Exercise List " There are variations for some of the exercises listed below