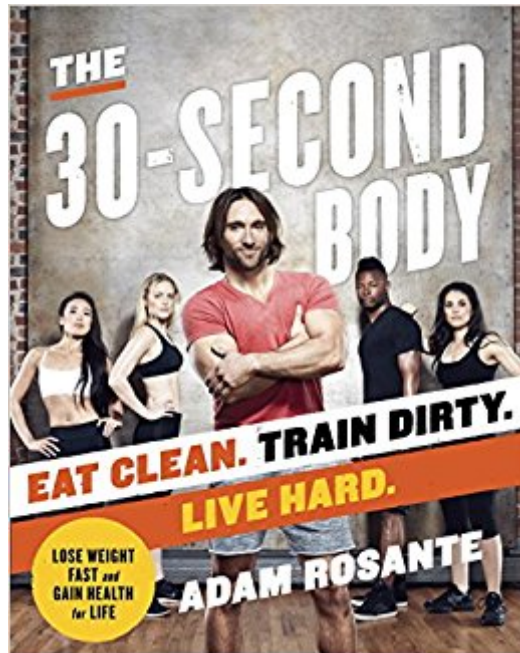




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# The 30-Second Body: Eat Clean. Train Dirty. Live Hard.



## Synopsis

YOUR BEST BODY BEGINS HERE AND NOW! ã ã Ditch the gym membership and say goodbye to weights and machines! Take control of your shape and your weight at home with celebrity fitness trainer Adam Rosante's three-tiered, simple-to-follow plan: ã ã ã Eat Clean: Feed your body right with simple meals designed to help you feel your best inside and out. No weird and wacky ã ã ã "diet" ã ã gimmicks; just an easy embrace of healthy whole foods. ã ã ã Train Dirty: Using compound movements, progress overload, and high-intensity 30-second interval training, Rosante's exercises will skyrocket your metabolism, torch fat, and build lean muscle without requiring the use of a single piece of equipment. ã ã ã Live Hard: Strengthen the single most important muscle in your body: your mind. You'll learn how ã ã ã "Lottery Mindset Marketing" ã ã has conditioned you to fail in your weight-loss goals ã ã and how to overcome it. ã ã Featuring inspiring testimonials, motivational advice, instructive photos, and a complete workout calendar, The 30-Second Body is a comprehensive one-stop solution, your road map to losing weight fast and taking charge of your life! Praise for The 30-Second Body ã ã ã "Easy, effective, and efficient . . . [The 30-Second Body] is more like an easy-to-read playbook than an intimidating diet or fitness guide. It's filled with illuminating fitness quickies on how to build a better smoothie and high-intensity workout moves you can do anywhere." ã ã ã Well+Good

## Book Information

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## Customer Reviews

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playbook than an intimidating diet or fitness guide. It's filled with illuminating fitness quickies on how to build a better smoothie and high-intensity workout moves you can do anywhere. •Well+Good

Adam Rosante is an internationally renowned fitness and wellness coach. He is the creator of The People's Bootcamp, a pay-what-you-can fitness boutique in New York City that boasts consistently sold-out crowds, and WaveShape, a surf-inspired online and DVD workout program that's used by thousands around the globe. He has appeared on Today with Kathie Lee Gifford and Hoda Kotb, CBS New York's The Couch, and other programs, and is frequently called upon by some of the most popular magazines in print to create workout plans and offer lifestyle advice. A host on Hearst's CosmoBody network and a fitness ambassador for Target, Rosante was recently named one of the sexiest trainers in the country by Self. He and his wife live in Manhattan and Montauk.

you can do anything for 30 seconds. I have been loving and hating these workouts for 3 months now. I can now do modified pushups and jumping jacks. little by little. i am getting stronger. not bad for someone who HATES exercise, but with these exercises it is just so FUN! thank you Adam, (((virtual hug)))

Out of all the books and programs, this book is the most helpful one I've purchased. It has easy to follow workouts that don't require any equipment so that you can do them anywhere you go and it helps you maintain a healthy, fit lifestyle. I can't wait to see my results! :)

This book had a lot of buzz in various magazines I read so I decided to go ahead and make the purchase as the premise: Clean diet, workouts that require no additional equipment and a section on a mind / body connection sounded a pretty good mix to me. The book is based on the fact of indeed keeping it simple and real; as the introduction states - most of us do not have time to spend hours upon hours at the gym, do not want to starve ourselves and are not really down with drinking "oddball" potions to keep in shape! The title is derived from the fact that the exercises are stacked into 30 second intervals, basically using a high intensity platform. It begins with the workouts, aka "Train Dirty"

I love this book! Adam's workout is fast, furious, and FUN, and Adam's philosophy is real and

inspiring. This easy-to-read guide will be your go-to again and again!

Practical, results oriented, no nonsense, butt-kicking applications.

Value,value and more value!! This is by far the best book I have read regarding fitness! Everything is explained clear, simple and to the point! I would highly recommend this book to anyone who is serious about diet and fitness, especially those who think they don't have the time.

I read through the book in a an hour or so. ..seems like solid nutrition advice and well thought out exercises.

Awesome book! Everyone should own a copy (and read it and do what it teaches)

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for People Who Like to Eat Dirty Wipe Clean: Learning Sight Words: Includes a Wipe-Clean Pen and Flash Cards! (Wipe Clean Learning Books) Wipe Clean: First 100 Words (Enclosed Spiral Binding): Includes Wipe Clean Pen (Wipe Clean Workbooks) Dirty Billionaire: The Dirty Billionaire Trilogy, Book 1 Real Dirty: The Real Dirty Duet, Book 1 200 Dirty Talk Examples: How to Dirty Talk Your Way to the Most Graphic, Mind-Blowing Sex of Your Life Sex Positions & Dirty Talk Examples: Two Books in One: The Best Sex Positions Ever, How to Talk Dirty, and Kama Sutra Dirty Secrets, Dirty War: The Exile of Robert J. Cox (Buenos Aires, Argentina: 1976-1983)

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