

*“Here’s One Simple Technique to
Cut Your Workout Time in Half...”*

How To Get a 45-Min Workout in 20 Minutes

**Cut Your Workout Time in Half
Starting Today, and Actually *Increase*
Your Results.**

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The Single Timed Set (Forget About Multiple Sets)

Start Using this Technique Today

Let's take a quick overview of how most people get to a 45 minute workout.

The Detailed Geek-Friendly Breakdown: if you're doing seven exercises in your workout, then it probably takes around 47 minutes. The average length of a set of 10 reps is around 30 seconds. Most people do 3 sets per exercise, and they rest a minute between sets. Total time per exercise: 5 minutes. If we assume 2 minutes between exercises, then this workout takes 47 minutes.

Here is how to reduce that time by more than half.

Instead of doing three sets of each exercise, lasting around 30 seconds each, **perform ONE set that lasts between two and three minutes in duration** (total time: 2-3 minutes per exercise vs. 5 minutes).

Now, squeeze the break to no more than one minute between each exercise, and your entire workout will now take 20 minutes.

That not only cuts your workout time by more than half—it improves your results. How? Your muscles end up performing more total work, and they become fatigued to a greater degree. Of course, you still must select a weight that is appropriately challenging.

Research studies have shown that doing multiple sets produce no more results than doing just one set. According to this research, you could probably just drop all but your most intense set on each exercise, do everything else the same, and still get the same results.

Studies show that a single set that lasts 2-3 minutes will fatigue the targeted muscles to a greater degree, and it will be more productive.

There's more...

Now that you've cut your workout time in half, you can stop there and be happy with that...or you can go a lot further.

Here is a sampling of other considerations that you might want to know:

- Doing **fewer exercises can produce greater results** than doing more. You must do the **right** exercises, however. If you select the right exercises, a 3-5 exercise workout might produce better results than a 7-10 exercise workout.
- Selecting the **ideal resistance** or weight can make a big difference in how thoroughly you work the muscle. Hint: the optimal weight doesn't always mean more weight. There is actually a precise way to determine what weight is just right for you, at this time (and it can change).
- **The way you breathe** can make your workouts far less productive or more productive. Over 90% of people sabotage their workouts by breathing wrong--even most personal trainers don't get it right.
- The **temperature of the workout room** can cause your body to stop short of what you could do. Get this wrong, and no amount of willpower can overcome the situation, because your muscles physically shut down prematurely, and you miss out on workout benefits you could have had. Unfortunately, almost no gyms have this right, but there are steps you can take to lessen the effects of the wrong temperature.
- Your **speed of movement** during an exercise might be sabotaging your workout. One study found that changing the speed of the reps produced a 50% greater strength increase. Even so, almost no one, not even most trainers, move at the speeds that have been found to be optimal.
- **Eating** the wrong things (or not at all) before a workout can make your workout more unpleasant and less productive.

...and that's just the beginning

In my private newsletter, I'll be sending you occasional tips that address each of these areas and more. Since you received this report, you're already subscribed, and you don't need to do anything further...except put this tip into action!

Now, if you'd like step-by-step, one-on-one, personal instruction on how to do *everything* the best way possible, from the very start, then I urge you to come to our studio for an introductory workout and consultation.

I believe that there is no substitute to learning by actually doing, with an expert there to guide you.

And if you're looking to hire a trainer, this is a great way for you to evaluate what we do. It makes sense that you'd be skeptical of any gym, with the less-than scrupulous way many gyms operate. That's why we offer an unprecedented 100% satisfaction guarantee if you try it out. If you're not completely blown away by your introductory workout, we'll gladly refund your money.

Over 90% of people who try an introductory workout with us start out skeptical, but, after they experience the workout, hire us to train them and recommend us to all of their friends. Don't take my word for it; read our client testimonials and watch the video testimonials on our website:

www.myogenics.com

We have limited space to take on new clients, so please only contact us if you are serious about taking your health and appearance to the next level. If you are, apply right now for an introductory workout here:

www.myogenics.com/#introductory-workout

We are passionate about what we do, and we are serious about helping you. We'll get right back to you and work to get you in as soon as possible...perhaps even this week if our schedule allows.

I look forward to talking to you soon.

To health and life,

Chad Morris
Myogenics Fitness