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Peak 20 Workout: Get Fit in only 20 Minutes A Day? (*VIDEO*)

February 22, 2010 by Vanessa Alfano 1 Comment
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When I heard that I could see results from a workout that only required 20 minutes of my day, I was sold. No more elliptical machine and 45 minute cardio sessions on the treadmill before hitting the weights? Done.

Personal trainer, Natasha Linton, developed the Peak20 workout. It is "cutting edge and scientifically proven to burn more fat in less time than traditional 60 minute workout programs." Essentially what it does is maximize the time you have by including "multi-joint" exercises. What that means, is the exercises that are done are working several areas, essentially giving you "more bang for your buck," or more results in a shorter time. Peak 20 was designed to meet the needs of those with very little time in the day and also for those who want a change to their traditional 60 minute workout leading to better results.



The workout consists of a warm up and then a variety of exercises. It includes a LOT of squats, traditional jumping jacks, chest presses, and more. I very quickly felt the burn in my muscles, and realized that just because it is 20 minutes, does NOT mean it is a walk in the park, at all.

You can get an idea of what the workout is all about from the video. The Peak20 workout IS intense, but perhaps that is why results can be achieved in as little as 6 weeks. After all, how many times do you go in to the gym and see girls on the elliptical machine, magazine in hand, barely breaking a sweat. Ladies, we have to break a sweat to see real results! As the old adage goes, "no pain, no gain!"

Natasha fashions each Peak20 workout to individuals needs, but it is not necessary to have a gym membership or any fancy equipment to do the workout. All that is needed is a mat, a pair of dumbbells, and your body (many of the exercises are using your own weight as resistance).

For more information on Peak20 or Natasha Linton please visit her website .



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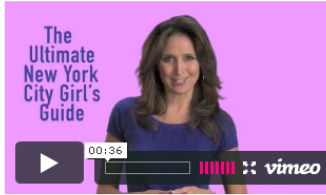
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