



Sprint 8 To Lose Weight An Exercise Supplement

SHORTER + MORE INTENSE WORKOUT

If you're ready to start a new fitness journey, it's time to do Sprint 8. This workout program has been proven to boost energy, reduce body fat, promote lean muscle mass, and improve cholesterol in just eight weeks.

Originally, it was designed with the use of fitness machines – elliptical, bike, treadmill, etc., as a 20-minute high-energy workout where you progressively build intensity during eight 30-sec 'Sprints'. You see your wattage, power output, or 'score', and work to beat your last score each round and each time you exercise.

To have a comparable at-home workout, I created my FBK Sprint 8 video series to get the same incredible results. Each Sprint 8 is done using quick movement and plyometrics safely, no equipment is needed.

The program delivers better results in less time and with fewer workouts than you would expect. It is the best exercise for weight loss. It only takes 20 minutes, three days a week, and it is scientifically proven to work.

