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# The Minimalist Workout Plan

**\*\*\*\*\*Special Report\*\*\*\*\***

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## Bonus Report: The Minimalist Workout Plan



Psss... wanna hear a secret?

Lean in close because there's an entire BILLION dollar industry that doesn't want you know this fact.

You ready?

Here it is:

**Exercise does NOT make you lean.**

Yeah, I know. I know. There are millions of paid professionals who want to convince you otherwise. The Zumba teacher, the personal trainer, the yoga instructor....they all get PAID to see you exercise.

So naturally, they will violently disagree with this thought.

But here's the thing: They're wrong.

Sorry but it's the truth. Here I'll prove it to you.

Do you know how many calories the average adult consumes per day? 2,640. And by the way, that's a self-reported figure. Which means it's probably LOW.

Ok, now guess how many calories you'll burn if you run a marathon. Yes, 26.2 freakin' miles. 2,600!

Let me put it this way - if you go out and run a marathon tomorrow morning... but then eat an average number of calories afterward... you will essentially "undo" 26.2 miles of torture.

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Now, I'm not saying you should never exercise. Exercise is extremely important for building muscle, achieving optimal health and all around happiness in general.

But it is NOT going to make you lean. Now – knowing that exercise is not going to make you lean... but that it is still important... does it make sense to spend 10, 15 or even 20 hour a week at the gym or on the treadmill?

Of course not.

So instead here's a minimalist workout program – that takes just 10-15 minutes twice per week. Enjoy.

I like this one because it requires zero equipment and takes very little time.

But this short and simple workout can yield incredible results.

Don't be fooled by the simplicity of this workout. If you do this workout 2-3 per week, you'll witness an incredible transformation.

Let's get into it:

Lace up your running shoes and head outside. For this workout, you need 100 yards of space. American readers will recognize this as the length of a football field. Don't get caught up finding the precise distance.

Start with 10 push-ups. As quick as you can after the last one, pop to your feet and run 100 yards. How fast? Depends on what kind of shape you're in. Sprint if you can, or run fast... or just jog. After 100 yards, come to a stop, drop down and do another 10 push-ups.

Pop up, run the 100 yards back... and... you guessed it... 10 pushups.

Repeat this cycle until you've done 40 total push-ups and run approximately 400 yards. (So "down and back" twice.)

This is be harder than you imagine at first. But you'll adapt quickly. Here's an evil twist that will make this short little workout even tougher: If you happen to be doing this routine on near a playground with football goal posts or soccer goal posts, you can use those to chin-ups. So then you can do 10 push-ups, run 100 yards, 10 chin-ups, run 100 yard, etc. Don't look now but

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that's nearly a complete full body workout that you can do at the local park for free.

Plus, you'll be amazed at how switching from upper body strength movements to lower body sprint movements can blowtorch your body fat.

So if you're looking a short and not-so-sweet workout that you can do anywhere and nearly anytime, give this one a try. OR.... if you have no intention of giving up the free weights but still want a way to melt away excess body fat quickly, do this workout 3x a week for 3 weeks and you'll be amazed.

There you have it - the ultra-minimalist workout that can give you the body you want (WHEN COMBINED WITH A PROPER DIET) and takes just a few minutes a week.



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## **Medical Stuff**

The information and workout procedures provided in this guide are very intense and should not be attempted by anyone unless a doctor has cleared you for such an intense workout.

If you have any existing health problems that would prohibit you from taking part in any of these activities, you should refrain.

As always, you should clear this program with your doctor before you begin.