

---

# No Gym. No Weights. Workout.

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

Published by [FitnessUnderOath.com](http://FitnessUnderOath.com)  
Copyright 2017

---

## Bonus Report: No Gym, No Weights Workout



If you do this one thing in the morning, it will take just 60 seconds.

But it will help you burn fat all day long.

Here's what this is all about...

In the 1950's, researchers discovered a hormone in your body called "leptin." Since then it's been studied non-stop as this hormone plays a crucial role in fat burning and leanness.

Leptin is primarily released from fat cells and leptin plays a crucial role in regulating appetite, body fat and metabolism.

### How It Works

In simple terms, once released by fat cells leptin travels to the brain where it acts upon leptin receptors inside the hypothalamus in inhibit appetite.

In ever simpler terms: *More leptin in your brain makes you eat less.*

In theory, if you simply injected leptin into your body it should make you eat less. In fact, scientists tried that with rats and guess what? They took overweight rats, injected them with additional leptin and the rats immediately started eating less, become more active and got thinner.

Success, right? Well, not so fast. In the 1990's they tried this same experiment with overweight humans. But it didn't work! Turns out in overweight human adults, it's not the level of leptin that is the problem, but rather the leptin RECEPTORS in the brain.

---

In short, if your leptin receptors in your brain are out of balance, increasing leptin won't have the desired effect. And if you're currently carrying excess body fat, there's a good chance your leptin receptors are out of balance.

### A Quick Fix?

Researchers were testing sprint training on a group of athletes and found something unusual. Scientist already know that sprint training (exercising as fast and as hard as you can for a very short period of time) can increase heart rate and increase fat burning.

But researchers found that a single 30-second sprint can actually "reset" the leptin receptors in your brain and make you more likely to burn fat for the rest of the day.

### Here's The Experiment:

Scientists took a group of adults and had them perform a single "bike sprint" for 30 seconds. This basically means they pedaled as fast as they could for 30 seconds. Then scientist measured leptin levels.

Scientists found that a single 30-second sprint was enough to increase leptin signaling and reset the leptin receptors in your brain.

### The 60 Second Morning Routine That Makes You Burn Fat All Day Long

I realize that most people don't have a Wingate bicycle in their bedroom. (A special kind of bike used in the experiment that allows you to adjust the resistance and make it harder to pedal.)

No worries. Here's how to adapt the strategy so you can follow this routine without any equipment.

First, be sure to warm up properly. Some light jogging in place, a few jumping jacks and some easy stretches are just what you need. Rolling out of bed and immediately exercising as hard as you can is recipe for disaster.

---

Next, perform 60 seconds of either:

- A) [Burpees](#)
- B) [Mountain-Climbers](#)

Personally, I find burpees way too on the knees so I prefer mountain-climbers but both exercises are good. Both exercises are extremely demanding which is exactly what we want for this routine.

Perform the exercise of your choice for just 60 seconds. Go as fast as you can - safely. You only need to do this for 60 seconds and then you're done. Hooray! You won't burn many calories in just 60 seconds but you'll give your body the signal to reset your leptin receptors which can help boost your metabolism and regular your appetite... all leading to increased fat burning over the rest of the day.

One caveat though: The effects of sprinting on leptin are BLUNTED in the presence of insulin. Translation: For this 60-second routine to work, it needs to be performed on an empty stomach - ideally in the morning when you haven't eaten anything overnight.

So there you have it - the 60 second routine that makes you burn fat all day long.



Matt Marshall  
[www.FitnessUnderOath.com](http://www.FitnessUnderOath.com)

---

## REFERENCES

Guerra, B., Olmedillas, H., Guadalupe-Grau, A., Ponce-Gonzalez, J. G., Morales-Alamo, D., Fuentes, T., . . . Calbet, J. A. (2011). Is sprint exercise a leptin signaling mimetic in human skeletal muscle? *Journal of Applied Physiology* (Bethesda, Md.: 1985), 111(3), 715-725.  
doi:10.1152/jappphysiol.00805.2010

## **Legal Stuff**

No part of this manual may be reproduced or distributed without the expressed written consent of [www.FitnessUnderOath.com](http://www.FitnessUnderOath.com)

Every word of this manual is protected by U.S. Copyright Laws, 2017.

## **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.