



What is  ?

90-120 second Body energizing Physical routine timed before each Meal.


What does  do that is different from all of the fitness systems I've tried and failed with in the past?

 is a natural shot of adrenaline...immediately recruiting the Cardiovascular, Musculoskeletal, and Nervous systems. This natural appetite suppressing metabolic response results in increased caloric burning and superior food absorption, while quickly elevating mood state. You immediately become a more focused you, ready for action.

How does  work?

Your metabolic rate is at its lowest before meals. Your body's natural survival system delivers a message to slow down the metabolism and to store calories the from the foods about to be eaten.

Our ancestors survived by fleeing from prey, and hunting and gathering for food. This created an instinctual metabolic state which allows our bodies to best absorb the calories and nutrients ingested.

 utilizes this primal metabolic response.

PLUS!

The force of circulation throughout the core and extremities requires that circulation for digestion is redirected back into the digestive tract.

This uses even more metabolic energy for greater caloric expenditure maximizing every second of the  movements!