

How to Feel Strong, Youthful and Fully Alive in Only 50 Minutes a Week

Brought to you by:

ROCK SOLID
FITNESS



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RockSolidFitnessFL.com/free-report

Important Notice: All forms of exercise pose some inherent risk. Readers assume full responsibility for their safety and knowing their limits. The exercise programs in this book are not intended as a substitute for any exercise routine or dietary regimen that may have been prescribed by your doctor. As with all exercise programs, you should get your doctor's approval before beginning.

How to Build Strength in 50 Minutes a Week

To build strength, you need Progressive Resistance exercise, also known as lifting weights, or strength training.



To stimulate your muscles to get stronger, The intensity of your strength training workouts needs to be high. Doing things well within your existing capacity won't cause your muscles to change. If you can lift 50 pounds 12 times on an exercise, but you always stop after 8, why would your body alter itself? It has no reason to.

Of course, you want to keep your workouts safe by performing your reps slowly and under control, and making sure you can stop the exercise at any time safely, without getting stuck under anything or having anything fall on you.

And when you exercise intensely, your workouts will be brief, because nobody can go all out for long periods of time. At Rock Solid Fitness, our clients can complete a full body workout in only 30 minutes.



When you work out like this, you don't need to work out every day, and you shouldn't. It's best to leave 2 to 3 days in between workouts for recovery to maximize recovery.

When you put all these things together, you'll be amazed at how fast you build strength!

Strength Training this way gets you strong quickly, and leaves your body with enough resources left over for Immunity. People who perform too much strength training too frequently get sick more often and are more prone to injury.

So here's The Takeaway:

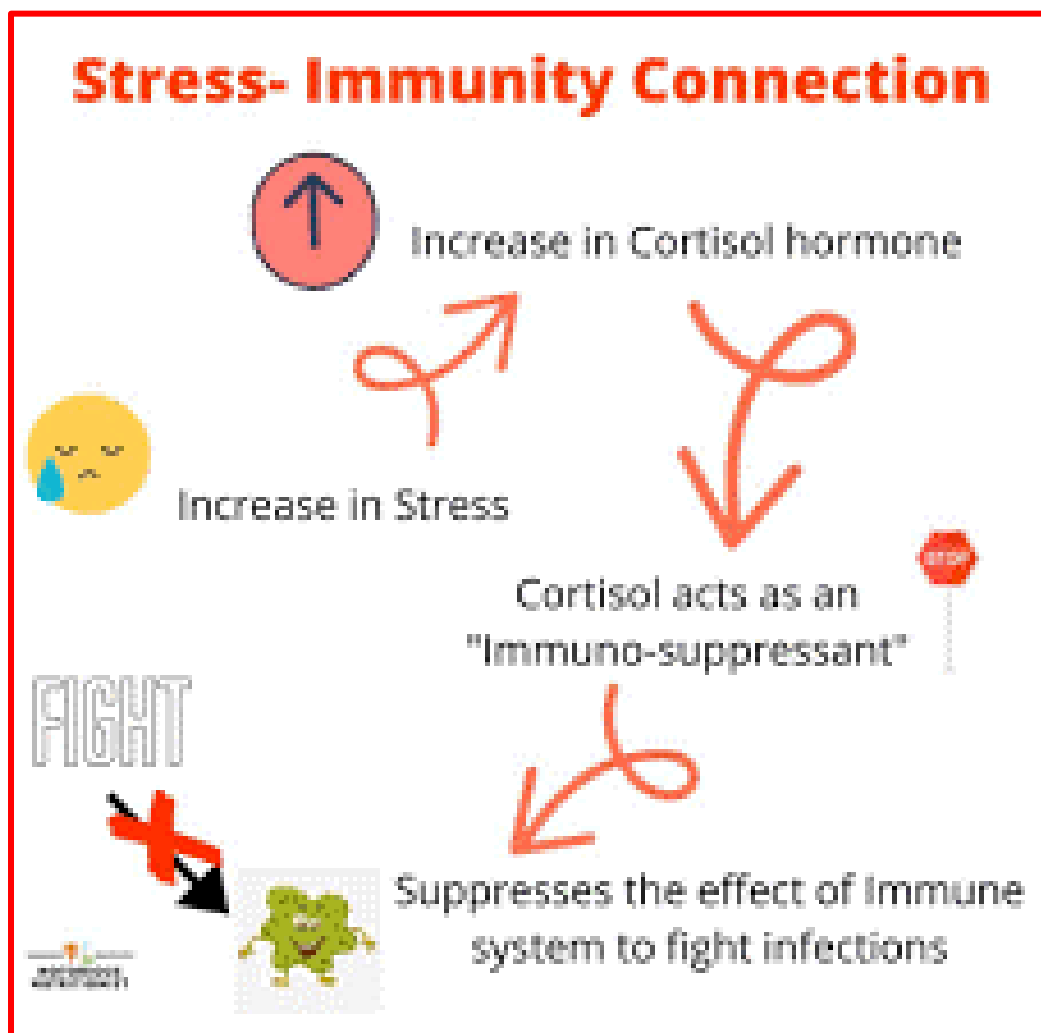
- **Workout intensely (but safely) with weights**
- **Keep your workouts brief - as close as possible to 30 minutes per workout**
- **Allow time for recovery - leave 2-3 days in between strength training workouts**

And you'll build strength in the least amount of time!

How to Boost Your Immunity in 50 Minutes a Week

To boost your immunity, the first thing you want to do is try to avoid getting stressed out. When we're stressed out, the stress hormone cortisol is released, which can suppress the effectiveness of the immune system and make us more susceptible to infections, including viruses.

There are all types of stress, like physical stress, mental stress, and emotional stress.



You can build your tolerance to stress by maintaining healthy relationships (especially the one with yourself!) and keeping up with proper self-care, including getting enough rest, eating right and proper exercise.

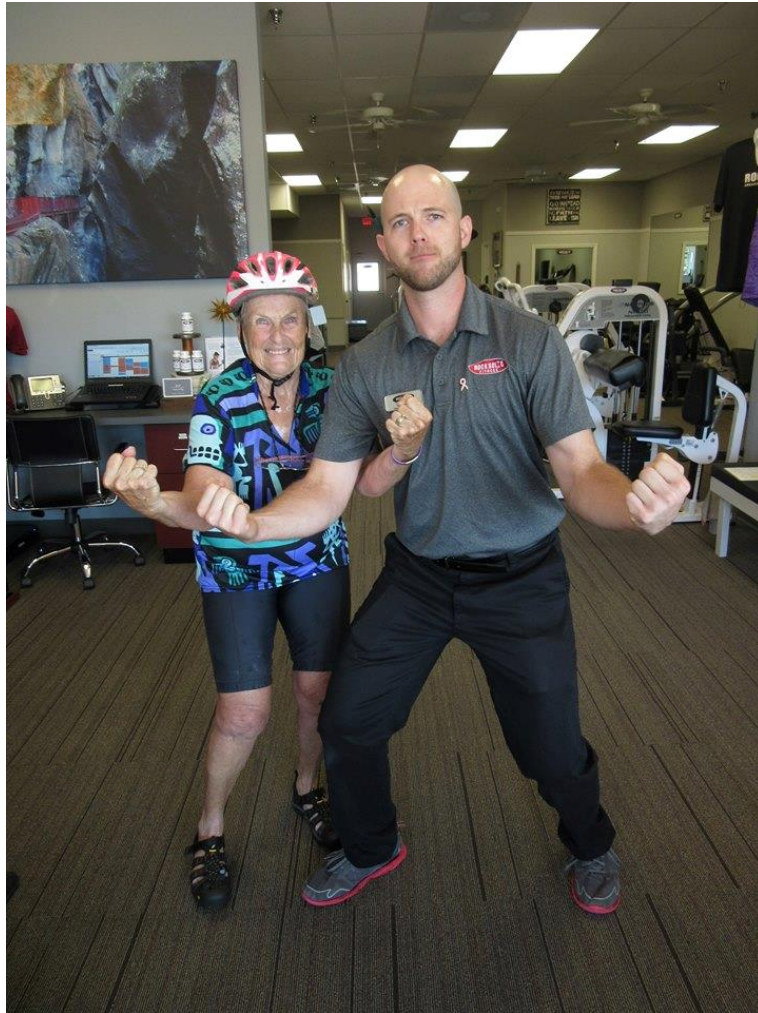
Speaking of exercise, The reality with exercise is that more isn't always better. Exercising too long or too often can result in over-training, which releases cortisol and suppresses immune function.

At Rock Solid Fitness, our clients get great results from our 30 minute workouts twice a week, which keeps them from getting over-trained, and in that way helps boost their immune system.

Remember, the better you can respond to the different types of stress, the better you will be able to fight off illnesses and diseases. So watch your stress levels, get enough rest, eat right and of course make sure to exercise the right way, and do it regularly!



How to Have More Energy in 50 Minutes a Week



There are several things you can do to increase your energy levels for the long term.

For example, Being at a healthy body composition helps to be more energy efficient. Body composition is your percentage of body fat compared to your lean body mass, and the more muscle and less fat you have, the more energy you will have.

Also, building your strength will naturally give you more energy. The more muscular strength you have the easier every task is, and therefore

less energy consumption is needed. Things that used to “wipe you out” energy-wise now won’t even get you tired.

And Inside your body, Mitochondria are structures in your cells that transform energy from food into cellular energy. Exercise increases the number of mitochondria you have, improving your body's ability to produce energy.

All these things can be improved very quickly to give you more energy day in and day out by doing one simple thing - getting started on a safe, well-structured strength training program. Get started on one today and you’ll have more energy in the least amount of time!



Conclusion

We hope you have enjoyed this free report and the accompanying videos, and that you found them helpful. Incorporating the ideas presented here into your weekly routine will help you feel strong, youthful, and fully alive – in only 50 minutes a week.

At Rock Solid Fitness we take the health and fitness of those in our community very seriously, and we appreciate you putting your trust in us to help you learn how to build strength, boost your immunity and have more energy In the least amount of time.

Since its inception in 2012, Rock Solid Fitness has helped hundreds of individuals feel great, reclaim their health, and finally do what they love most with the extra time and strength they've gained.

If you have questions about your personal fitness needs, feel free to reach out to us at 727-282-1800, or by email at Info@RockSolidFitnessFL.com.

You can also find instructional posts on our [blog](#), and demonstration videos on our [YouTube channel](#).

Best wishes for future health and fitness success!

Yours in health and strength,
The Rock Solid Fitness Team

