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CASSIE'S

15 MINUTE
Metabolism
BOOSTING
WORKOUTS



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Hey! As a Registered Dietitian and overall fitness fanatic (former marathon runner turned into crossfitter), I get a lot of questions on what I do for my workouts, and what are the best workouts for weight loss!

Here's the good news: Boosting your metabolism and doing a workout that's good for your body doesn't require great lengths of time!

AND, it can be hard to comprehend—even for me!—the fact that I'm in the best shape of my life while working out LESS than ever before STILL boggles my mind. If you want the science behind how this is the case, you can check out this [blog post](#). If you're not a sciencey-person or don't care to understand the whys, then feel free to scroll down to the exercise part of this guide!

Let's dive into a few of my favorites!

High intensity Interval workouts support your metabolism the MOST!

Here's the long story short (and if you want the long story LONG, you can read [this post](#)).

High intensity interval workouts are alternating short periods of intense exercise with recovery periods. It's as simple as doing some exercise and then resting.

These high intensity interval training workouts are the kind that really turbocharge your metabolism, and as a bonus: they don't require great lengths of time...also awesome!

This may be the simplest metabolism-boosting switch that you can make: changing from the long, slow, boring, hamster-wheel workouts to shorter workouts with bursts of high intensity intervals.

Here is one example of a 15-minute interval workout using just your body— you can do this one at home or while traveling... anywhere!

On the following pages, I'm sharing three of my treadmill interval workouts which will be sure to make you break a sweat!



15 Minute at-Home Interval Workout:

The goal is: For every exercise, you are on for 40 seconds, followed by resting for 20 seconds.

The break is to allow your body to rest so that you can push yourself hard again, but not so long that it fully recovers between sets. You can do 20 seconds on and 40 seconds off, or 15 seconds on and a 45-second break, especially when you first start this regimen, or when you're beginning to feel tired, like toward the end of your workout.

You can start with just a few minutes of this and work your way up to 10 or 15 minutes at a time, based on how your body feels. I suggest starting with three to five minutes of this interval workout a few days a week, and you can work your way up to 10 or 15 minutes a few times a week.

This type of workout can be done at home without going to a gym, and when the weather is nice, you can do the same type of thing outside—30-second intervals, alternating between running and walking—or skipping if you're adventurous!

Minute

- 1: Jumping Jacks
- 2: Walking Lunges
- 3: High knees in place
- 4: Mountain climbers
- 5: Air squats
- 6: Push-ups
- 7: Sit-ups
- 8: Burpees
- 9: Skaters—lunging side to side
- 10: Hold plank (push-up position)
- 11: Jumping squats
- 12: Butt kicks
- 13: Hollow rocks
- 14: Bounding up and down (little jumps)
- 15: Repeat your favorite of all these exercises

3 Treadmill Interval Workouts

The 3 levels:

BASE: This is a pace you could maintain for a long time. I like to think of it as my home base, or my foundation. It's fairly comfortable. For most people, this will be between 5.0 and 6.5. If you prefer to walk, this could be a speed walk.

(Just for reference, mine is 6.0)

PUSH: This pace is suggested to be 1-2mph above your base. This pace challenges you. And while it's difficult to stay here for long, you're not giving it your ALL...

(Mine is 7.5)

ALL-OUT: This is your everything-I've-got, running-from-a-bear, finish-line's-in-sight speed!

(Mine starts at 10.0 and sometimes I bring it down to 9.5)

Workout #1:

3 Min Push
1 Min Base
90 Sec Push
30 Sec All-Out
30 Sec Base
1 Min Push
1 Min Base
90 Sec Push
45 Sec All-Out
30 Sec Base
2 Min Push
1 Min Base
45 Sec. All-Out

Workout #2:

90 sec Push
1 Min Base
2 Min Push
1 Min Base
1 Min Push
1 Min Base
1 Min Push
30 Sec All-Out
60 second walking recovery
2 Min Push
1 Min Base
1 Min Push
30 sec All-Out
1 Min Base
30 sec All-Out

Workout #3:

1 Min Base
1 Min Push
1 Min Base
1 Min Push @ 2% incline
1 Min Base
1 Min Push @ 4% incline
1 Min All-Out
60 second walking recovery
30 sec. Base
2 Min Push
1 Min Base
2 Min Push
30 sec. All-Out
30 sec. Walking Recovery
30 sec. All-Out
30 sec. Walking Recovery
30 sec. All-Out

Each
workout
is 15 minutes long.

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Bonus:
Adding Incline
You can also increase
the incline on the
treadmill during your
Pushes for
an extra challenge!

A
BONUS
metabolism
boosting
morning
routine
that
I love!



A morning routine that fires up your metabolism and has an **exciting ending.**



STEP #1

Get up a little early. (You only need 15-20 extra minutes!)



STEP #2

Get dressed & sprint to the coffee shop (if you have one a mile or less away).



STEP #3

Grab a cup of coffee and walk leisurely home while sipping your delicious cup-o-java.



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"I LOVE doing this quick metabolism boosting hack a few times a week! It gets my day started with activity, jump starts my metabolism, and it's a fun treat to have coffee made for me, too!" —CASSIE



Now that we've covered the workouts, let's cover the food! (Because you just can't outrun a bad diet.)

Don't sabotage your results by neglecting your nutrition! Eating the wrong foods can undo all your hard gym work. Provide your body with everything it needs and your body will thank you!

Cheers to your fittest, most energetic self through workouts that are worth your (short amount of) time!



Join me for my **FREE** *Eat More to Lose More* online training!

Here's what you'll discover...

- Why you may actually need to eat MORE calories and exercise LESS in order to lose weight (for real!) (+ my science-backed protocol for how to do this right!).
- The missing–yet CRUCIAL–factors in weight loss most diet plans NEVER even mention.
- The surprising (but all-too-common) ways you sabotage your own weight loss every. single. day.
- What a REAL healthy diet looks like–and how it breaks all the Old School nutrition rules. (Hint: you actually CAN eat your favorite foods!)
- How you can practice self-love and acceptance while still focusing on health and weight loss goals (the two are NOT mutually exclusive, despite what many body image and self-love experts may tell you).

Plus, there's a Q&A session at the end!

CLICK HERE to save
your **FREE** spot now!