

CHICAGO, Jan. 17, 2014 /PRNewswire/ -- Can you get results working out just 7 minutes a day? Nationally certified trainer and fitness innovator **Ben Booker** says "Yes, you can!"

Bodybuilding.com Body Space spokesperson Ben Booker has created these incredible high intensity, short duration workouts to achieve maximum results in minimum time. His unique multi-set workouts put your body in anabolic mode for fast results.

Based on the latest scientific findings, these unique 7-minute sessions burn body fat, boost your metabolism, build muscle and stimulate life-giving oxygen and feel-good endorphins. Modalities take you from cardiovascular to hypertrophy training, body sculpt, core and ab training all in just 7 minutes to help you get rid of that stubborn fat.

2014's hottest fitness trends — using your own body weight in time-efficient workouts — are the cornerstone of the 7-minute phenomena. They can be done anywhere, anytime, alone or in group fitness classes. Find out for yourself: try them for free, for seven days at <https://www.fac ebook.com/sevenminuteworkout>

And on the eighth day you can train with Booker, this year's hottest personal trainer, LIVE on you-tube at www.youtube.com/user/RazorHybridFitness .

The Science of 7

It's a scientific fact that intensity, not duration, is what causes the body to go from aerobic to an anabolic state promoting muscle growth and strength, bone density, improved metabolism and a hormonal boost to start giving you a brighter, more positive look on the day.

Reach Your 2014 Fitness Goals with Ben Booker's 7-Minute Workouts

Written by Australian Business

The human body is programmed to go into super mode — *the fight or flight response* — in milliseconds. That's how the 7-minute workouts produce mega-results in minutes.

Unlike some hi-intensity workouts that overwork a muscle group, the 7-Minute Workout uses short durations of compound exercises that vary intensity and resistance to produce similar results, but at a completely safe pace.

"Our system is designed to increase your cardiovascular capacity, strength, speed and endurance," says Booker. "You'll see vast improvement in your core strength and balance. Combined with a healthy lifestyle it's all you'll need to accomplish and exceed your 2014 fitness goals."

To get 7, 7-minute Workouts and a 7-minute live workout with Booker, text the word "seven" to 96000 or sign up at <https://www.facebook.com/sevenminuteworkout> and have your workouts sent to your computer or mobile device. You'll receive one workout per day.

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