

# **FAT BURNING NATION**

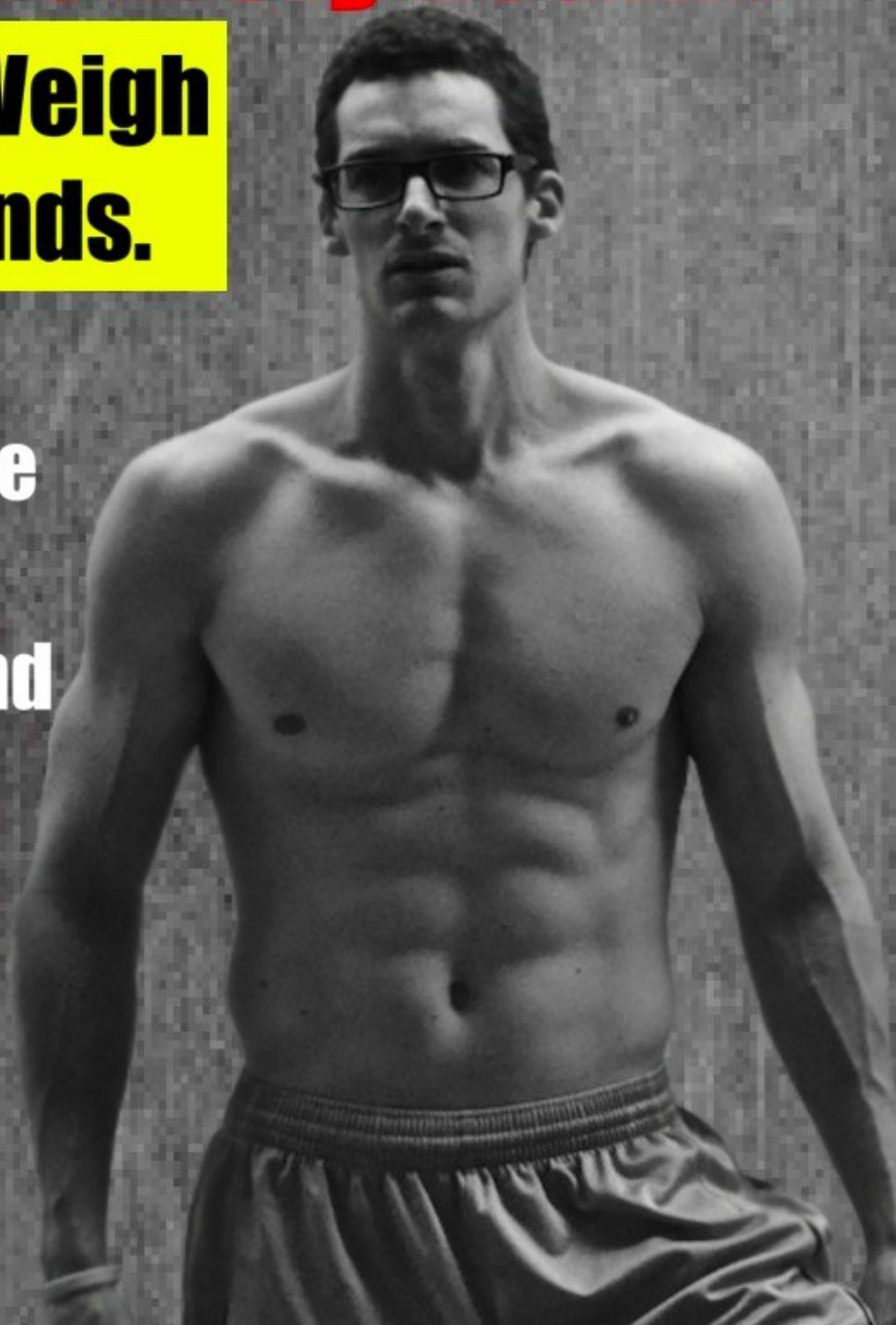
## **Resource Guide Reveals:**

### **The ONLY 3 Tools You Need**

### **To Get Extremely Lean...**

**HINT: These All Weigh  
LESS Than 5 Pounds.**

**PLUS, Discover The  
One Bonus Tool I Use  
In Every Workout To  
Stay Lean Year Round**



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## **Fat Burning Nation Resource Guide**

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## **Fat Burning Nation Resource Guide**

Have you ever wondered if it were possible to get extremely lean while ONLY working out with a few pieces of equipment?

See, the vast majority of people believe that in order to get fit, they need access to weights or a gym. And although these things can be helpful, there are certainly **other** ways that you can get into amazing shape.

In fact, the resources that you are about to learn about can have you more fit than ever before ***in as little as six weeks.***

Not only will they help you burn tons of belly fat, they will also get you strong and ripped. Sound good? Cool, let's get started.

Dennis Heenan, CPT  
Founder: [FatBurningNation.com](http://FatBurningNation.com)  
Creator: [SuperheroSprints.com](http://SuperheroSprints.com)

P.S. Don't forget my other sites...

[www.FatBurningNation.com](http://www.FatBurningNation.com) - Blog posts, videos, motivation, free gifts, free content, and more.

[www.SuperheroSprints.com](http://www.SuperheroSprints.com) – Revolutionary six-week workout programs that combines the two most powerful fat burning workouts on the planet!

Join us on Facebook at [www.Facebook.com/BodyFitFormula](http://www.Facebook.com/BodyFitFormula)

## **Fat Burning Nation Resource Guide: Equipment**

Below are the 3 pieces of workout equipment that you should have on hand at all times. And did I mention that all three are UNDER 5 pounds?

Anyways, I know you are busy so lets get to it:

### **Tool #1: Interval Timer or Stop Watch**

For those tech savvy individuals, this can be found right on your Smart Phone through the App store or simply on your Clock App.

Of all the pieces of equipment, this may be the most important one. **Here's why:**

If you do not track your workouts in terms of rest periods, set times, and total workout time, ***how are you going to be efficient in the gym?***

I recently watched a video on Usain Bolt, the fastest man on earth, going through one of his workouts. One of the things I noticed was how dedicated his coaches were to making sure he stayed on time during the workout.

See, if Usain isn't pushing himself to get faster and stronger in every single workout, how would it be possible for him to keep the title as fastest man on earth?

The same is true for you. You should always be sure you are keeping track of how long your rest periods are, how long your workouts take, if you are getting stronger in each workout, etc.

Plus, with an interval timer you can easily get in some of the craziest workouts around. Have you ever tried a Tabata style interval?



This is a 20 seconds on, 10 seconds of rest interval and you typically repeat for 4-8 minutes. This is perfect to place at the end of your workout as a finisher. To give you an example, here is what you could do:

-Squat Jumps: 20 seconds

--Rest 10 seconds

-Pushups: 20 seconds

--Rest 10 seconds

-Burpees: 20 seconds

--Rest 10 seconds

**Repeat for 7 total minutes!**

Something as simple as that will have you burning fat faster than you thought possible!

The best interval timer on the Market today is called GymBoss. It can be found in the App store on Smart Phone or there is a physical one found at the link below:

=> [Click here to check out GymBoss](#) <=

## **Tool #2: Jump Rope**

One of the most powerful exercise tools on the market. Did you know that **jumping rope can burn up to 19 calories per minute?**

Plus, because you do not have to jump very high, it is easy on your body and joints. Often times when people tell me their joints are hurting from running, I tell them to switch to jump rope.

**This is the perfect high intensity cardio alternative to the more demanding exercises such as sprinting.**

You can pick up a jump rope from any Sporting Good Store or simply at [Amazon.com](#) <=

I recommend doing it 2-3 times per week and really work on getting better each time. This means doing:

- Single leg jumps
- Double unders
- Skipping
- Running in place
- TRIPLE unders
- Hopping side to side

The options are really endless. That's what I love about the jump rope. Not only will it get you incredibly shredded, but you can always challenge yourself more each time.

I recommend starting with single unders, then mastering double unders, then moving on to the Holy Grail of jump rope... The Triple Under. I'll send a video your way soon about this!

## **Fat Burning Nation Resource Guide: Equipment**

### **Tool #3: Pull-Up Bar**

In terms of an upper body, full body, and core workout... The pull-up is hard to beat. **When it comes to getting ripped abs and building an incredibly strong core, the pull-up is a must.**

In terms of equipment for you to have at home, there are plenty of pull-up bars on the market that you can purchase.

And the one I have here at my house weighs in at a whopping 3-pounds.

You can find it at the link below:

=> **[Click here to see the exact pull-up bar I use](#)** <=

**...Continue on to see my BONUS tool...**

## **Fat Burning Nation Resource Guide: Equipment**

### **Bonus Tool: Kettlebell**

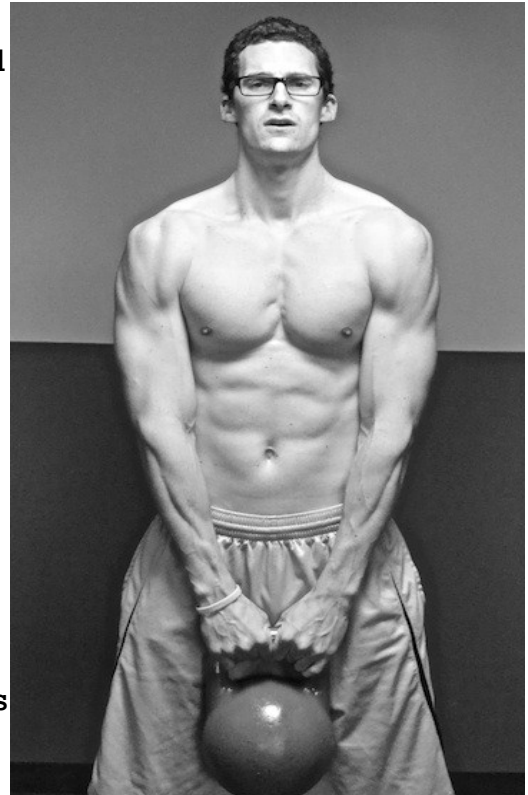
So this tool is most definitely NOT under 5-pounds, however, it is one of the most (if not THE most) powerful pieces of equipment you can use.

Studies have shown that the kettlebell swing can burn up to 20.2 calories per minute. That is over DOUBLE that of a spin class which will only burn you 9.8 calories per minute.

On top of that, **the KB swing will strengthen your core, eliminate fat, and create the “afterburn effect” which leads to extended fat burning.**

Like the pull-up, the KB swing is one of the best full body workouts around and is a MUST when trying to burn belly fat and get lean.

I use the kettlebell in all of my workouts and I firmly believe you should too. Your body will reap the benefits as you burn away tons of fat and get extremely strong and lean.



### **Closing...**

There you have it, the ONLY 4-pieces of exercise equipment that you need to get super strong, lean, and fit. Then of course, be sure to utilize your own bodyweight as we all know the body is the single best piece of equipment around.

I know this all sounds very simple, however, if it can work for thousands of people, **it can work for you too.**

As a THANK YOU for downloading this report, I would love to give you a FREE workout plan that you can get started on. Below is the link to my revolutionary **Superhero Supersets** workout program that I would love for you to get started on. These workouts are intense so be prepared:

**[=> Click Here To Grab Your FREE Copy Of Superhero Supersets <=](#)**

If you have any further questions about anything, please feel free to email me at **dennis (at) fatburningnation (dot) com.**

Dedicated to getting you fit,

Dennis Heenan

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