



Plyometrics Fitness Adrenaline

Plyometrics **Fitness Adrenaline**

Jump Your Way To A **Slimmer And Fitter Body**

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Foreword

There are two things you must consider when you are working for a fitter and healthier body and they are diet and exercise. This is the focus of this health and fitness course, but there are several things that makes it vastly different from other courses. It makes use of Plyometrics fitness adrenaline for optimizing results. Get all the info you need here.



Plyometrics Fitness Adrenaline

Jump Your Way to a Slimmer and Fitter Body

Chapter 1:

Introduction

Synopsis

Surely, you know what adrenaline is. It's a hormone that provides you a boost in energy when you are confronted with a situation that needs vigorous physical action like when you brace yourself for a fight or flight.

The energy produced in situations such as these are often greater than normal times.

Plyometrics on other hand is known as jump training, which means that the whole fitness program is based on jumping exercises that induce your body to secrete just the right amount of adrenaline.

Another important use of adrenaline is it jumpstarts the fat burning process because, of course, energy is produced from this process.

The Basics

Some of jump exercises that help increase adrenaline production are the box jump, explosive squats and double leg butt kicks.

You do not actually need a box for the box jump, stairs will do just fine. The exercise involves jumping from the lower to the next rung. You jump to the higher rung from a squatting position and immediately after landing; you get off it and repeat the movements 8 times.

The explosive squat is not difficult. You start from a regular squatting position with your feet a foot (hip width) apart. With your knees slightly bent, back straight, and butt pushed out, jump the highest you are capable of while straightening your arms upwards, repeat immediately when you land.

To do the double leg butt kicks you contract your muscles then jump high and while you are up in the air touch your butts with your heels. This is done in two sets with 8 reps.

Other Things the Course Offers

Chapter 2 of this course-- Adrenaline and its impact on health - concentrates on providing you with relevant knowledge on what generally adrenaline is and how it affects your health. It would be good to have a solid knowledge on these things so you will easily understand the content of the succeeding chapters.

Chapter 3 --explains the over-all principles behind slimming and having a fitter body. Here you will learn the importance of a balanced diet and exercise or a healthy lifestyle to getting fitter and or slimmer.

Chapter 4 -- enlightens you how specifically does adrenaline boost weight loss

Chapter 5 --discusses the hormones, other than adrenaline, in your body known to have the ability to boost slimming activities.

Chapter 6 --discusses how fitness programs or the state of being affects your adrenaline levels.

Chapter 7 --explores on the impact nutrition and fitness has on slimming. In this chapter, you will learn that being slim is not synonymous to being fit.

Chapter 8 --provides important recent developments in slimming programs

Chapter 9 --provides patent reasons why working for a fitter body is a worthy cause.

Chapter 10 --discusses the various aspects of being healthy. Looks can be deceiving and this chapter will help you identify approaches that promote and sustain general good health.

Chapter 2: *Adrenaline and Its Impact on Health*

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