

## Extreme Endurance Body Change: 120 Crossfit Routines Designed for Weight Loss, Lean Muscle, Strength Endurance (Paperback)



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### ***Reviews***




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## EXTREME ENDURANCE BODY CHANGE: 120 CROSSFIT ROUTINES DESIGNED FOR WEIGHT LOSS, LEAN MUSCLE, STRENGTH ENDURANCE (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.What is Extreme Endurance Body Change all about? Losing fat and building muscle, plain and simple. One concept that many people seem to have a problem with is the idea that in order to keep fat off of your body you need to put on muscle. While at first glance this may seem counterproductive - gaining weight in order to lose weight - it s all about metabolism. Metabolism is actually all of the chemical reactions that take place within an organism. In terms of weight loss and fitness, metabolism basically means all of those calories that your body burns throughout the day. Your resting metabolic rate would be the amount of calories your body is burning when you are at rest - sleeping, napping, watching women s golf, etc. Our goal is to add lean tissue and in turn elevate our resting metabolic rate. So how do we do that? As we add lean muscle to our bodies that muscle will require extra calories to survive. Imagine adding a bunch of plug-in space heaters into your apartment during the winter. As we keep adding heaters, the energy demands go up and our electric bill cost more. So as we keep adding lean muscle, our body must use more calories to operate that new muscle. Now let s take it one step further and consider the future. As we are adding lean muscle over the coming weeks and months your body will burn more and more at-rest calories. Let s look at our analogy of adding the heaters inside of our house. There is a certain point where you have enough heaters going to keep...

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