

Bodyweight Burn: Review Examines New Body Weight Workout System From Adam Steer

Summary: DietsAndFitnessGuides.com releases a review of Bodyweight Burn, a new program for burning body fat from fitness expert Adam Steer which challenges conventional wisdom about fat loss.

"Bodyweight Burn is a new program that reveals some rather interesting methods for burning body fat," reports DietsAndFitnessGuides.com's Vince Delmonico. "The idea is that most people are wasting their fat burning potential, and Bodyweight Burn promises to change that by helping folks to maximize their bodies ability to burn fat."

The Bodyweight Burn System is the brain child of Adam Steer a body weight workout expert who asserts that 'synergy' is the missing ingredient in most peoples fitness programs. Steer believes that by strategically synching one's diet and workouts they can turn themselves into Steer says, "a 24/7 fat burning machine."

Delmonico shares this explanation for the overwhelming popularity of the Bodyweight Burn system:

"I've been a big fan of body weight workouts for quite a while now, because they can be done at home without any fancy equipment, and that's really important for those with small kids who don't have a lot of time to be going to the health club everyday," says Delmonico. "The trouble is that most body weight workouts are just incredibly boring, so people can't stick with them. One of the best things about Bodyweight Burn is that it was designed in such a way that the workouts can be done in just 21 minutes, and there is plenty of variety to keep you moving."

Skeptics may question whether 21 minute workouts, done without free weights or machines could really be effective for burning substantial amounts of body fat, or whether it is really possible to enjoy carbohydrates while toning up. The Bodyweight Burn website even goes so far as to show a slice of mouthwatering pumpkin pie, implying that "naughty" desserts can still be consumed within reason while following this program.

"Obviously, the idea that one can get in shape in just 21 minutes a day while still eating yummy carbs appeals to a lot of people, and sounds just a little too good to be true," says Delmonico. "However, the science behind Bodyweight Burn is proven, and they are getting some great testimonials from people who have been through the program and have achieved remarkable results. Not to mention doctors who have found this to be a great fitness program for their overweight patients." (To read a testimonial sent in by a physician who recommends Bodyweight Burn, [click here.](#))

Bodyweight burn is available digitally online, allowing customers instant access to the array of training material. In addition to the BW3 Workout system customers also receive the Carb-Synch Diet System, the BW3 Exercise Manual, wall charts, workout journals, an exercise instruction video library, as well as six limited time bonuses

"As with any diet, Bodyweight Burn isn't for everybody", says Delmonico. "If you like going to the gym and lifting weights, and you are already seeing results with that, then you might be better off staying on the path you are on. But, if you are looking for a way to get in shape that you can do anywhere, anytime, then this might be just the thing that gets you there."

[Those wishing to purchase Bodyweight burn at a discount, or for more information, click here.](#)