

## **Sprint Conditioning: Review Examining Mike Whitfield's Program Released**

*Sprint Conditioning reviews have been flooding the Internet and HealthyandFitZone.com reveals the truth about this program that claims to help people burn 1,004 calories in 21 minutes through 'bodyweight' exercises.*

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Sprint Conditioning is an enticing system that not only promises to help people burn 200 calories in just over 2 minutes, but also claims to help them stop feeling hungry all the time, and makes them feel full instead. This has caught the attention of HealthyandFitZone.com's Stan Stevenson, prompting an investigative review.

"Our Sprint Conditioning review shows that this system that is based on sprinting offers you a blueprint to sprinting success. You will learn why it is so effective, and how you can use it to burn the maximum amount of calories possible. No equipment is necessary," reports Stevenson. "The program targets the dreaded belly fat and improves cardiovascular health. You will also feel better about yourself without having to spend hours at the gym. Ditch the long cardio and learn how to squeeze every bit of result from your workouts. In fact, you get introduced to more exercises beyond sprinting, which help you to burn more fat than if you were sprinting alone."

Sprint Conditioning includes a step-by-step main manual with exercises people need to get the results that sprint trainers get, a recovery strategy and modifications. There are 21 proven sprint conditioning workouts plus a guide to the bodyweight exercises. Bonus hybrid workouts take these workouts to a whole new level and include some bonus options that don't require any equipment. Replace sprints guide includes some indoor options to help people get the benefits of sprints without actually having to sprint. Abs 4-week system is a guide to stronger abs and a flatter stomach without doing crunches while the Exercise library is an easy-to-read guide, with photos, that help users perform the workouts properly and effectively. Coaching videos teach them how to perform each exercise perfectly to get the maximum results and avoid injury. As of today, there are bonuses such as a 5-week prep system for a race, interval finishers to boost metabolism even more, a nutrition guide, and a guide on interval training included in the program.

"You can burn over 1,000 calories in a 21-minute workout. Considering how much you are getting with the system, it costs next to nothing. The program boosts metabolism and rapidly burns fat faster. You will also learn how to use your recovery time to your advantage with these exercises," says Stevenson. "You can also eat more carbs because

the exercises improve insulin sensitivity. This program that is backed by science works for everyone, not just athletes who are conditioning their bodies to be powerhouses. It takes you by the hand, and gives you the answers you need to get busy and get results.”

“A hunger-stimulating hormone gets suppressed when you engage in the perfect amount of type of intense exercise that is promoted in Sprint Conditioning. You get alternatives to sprints that help you burn the same amount of calories in the same amount of time. Even if you are not a sprinter or someone who works out on a regular basis, this system has been created to give you the knowledge you need to burn the calories and fat, build muscle, and see the results that you crave. Built for anyone who wants to put in the effort and see results, you don’t need experience working out in order to start it. If you have been struggling in the gym, you will appreciate this program that without a doubt, will help you burn fat quicker.”

Those wishing to purchase Sprint Conditioning, or for more information, click here:  
<http://healthyandfitzone.com/go/SprintConditioning/>

To access a comprehensive Sprint Conditioning review, visit  
<http://healthyandfitzone.com/sprint-conditioning-review>