

Metabolic Aftershock Review: Examining Dr. Jade Teta's Workout Program Revealed

Metabolic Aftershock Reviews have been flooding the Internet and Healthyandfitzone.com has dug down deep to reveal the complete truth about the newly launched program.

(PRWEB) June 18,2014

The Metabolic Aftershock is a newly released workout program that only requires 15 minutes three times a week to see great results. Due to all the hype surrounding the launch of the program, Stan Stevenson of HealthyAndFitZone.com has decided to look closer at the program so people will be able to know if the program is right for them or not.

"Our review shows that the system teaches you how to burn fat and gain muscle, just like some other fitness systems out there but, this system was designed to get major results in way less time doing much less work," states Stevenson. "The main basis of it is called metabolic rest training that consists of intense bodyweight exercise and rest which promotes long-term fat loss."

The Metabolic Aftershock system consists of three phases which are shown in video format which can either be mailed to the buyer or downloaded from the Internet. In addition to learning how to get one's metabolism back on track, the exact exercises and workouts, the course also offers various bonuses. Some of the bonuses include the Rapid Results Quick Start Guide, Dr Teta's Anti-Aging Interview, a Rapid Result exercise guide, a Fat Torching Burnout Session, plus more.

"If you are looking to lose fat and gain muscle while getting results quickly and are tired of lifting weights and going from diet to diet, this system maybe right for you," continues Stevenson. "I like the fact that you never do the same thing back to back and that the workouts don't require any equipment or for you to go to a gym. The additional energy and focus you will gain is also a great surprise. As you can tell I highly recommend the program to anyone that's willing to put in the work."

[For those wishing to purchase Metabolic Aftershock , or to get more information click here.](#)

To access the complete Metabolic Aftershock review one should visit: <http://healthyandfitzone.com/metabolic-aftershock-review>.

To see the quick video review one can go here: <https://www.youtube.com/watch?v=JATQB4QmNLo>