

Bodyweight Flow: Review Examining Tyler Bramlett and Sylvia's Exercise Program Released

Bodyweight Flow reviews have been popping up all over the Internet and HealthyandFitZone.com reveals the truth about this program that promises to increase flexibility in only 2 minutes through a yoga-like routine.

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Bodyweight claims people can burn 53% more calories with this method. There is no special diet involved, routines are 2-3 minutes long and no equipment is required, just bodyweight. This has caught the attention of HealthyandFitZone.com's Stan Stevenson, prompting an investigative review.

"Our Bodyweight Flow review shows that there are upper body, lower body and full body exercises to help improve your flexibility and strength. All of these are broken up into beginner, intermediate and advanced," reports Stevenson. "All these exercises are given to you in video format where you get to watch the exercise being performed by either Tyler or Sylvia and you also hear some tips and tricks to make sure you are doing it right. The program comes with 14 different 10-minute, 20-minute, or 30-minute routine suggestions and a calendar to help you practice daily easily."

Bodyweight Flow includes three different calendars labeled beginner, intermediate, and advanced that help organize monthly workouts with the exercises. There are 7 different flow routines for upper body, lower body and full body. In addition, there are 7 routines for the beginner, intermediate and advanced of each of these areas of the body. A quick start manual helps figure out what to do to get up and running today. It also helps people decide which sequence to do first, and gives them insight that will help them get the best results. There are 14 different 10-minute flow routines with a 1-minute rest in between each exercise. There are also 14 different suggested routines for 20 minutes and 30 minutes.

"For the program, you should follow along with one routine for a minimum of 5 days per week, which means that you can spend as little as 10 minutes a day instead of hours per week doing yoga, Pilates, or stretching and see results," says Stevenson. "Burn more calories because you are able to do more movements and exercises with more flexibility and get more out of your workouts. Reduce aches in joints and feel more fluid and experience a greater range of motion. You can do these exercises pre-workout or just on their own."

"Bodyweight Flow routines have been tested on everyone; young, old, man, woman, and all physical states of health. Since these routines are based on biological principles, and not on how much you can do, what you can do, or how long you do it, the results will be the same for anyone. These exercises will help you become more flexible and perform your regular workout

routines better, which will burn more calories. You simply do them on their own, or before a workout, and that's it. They can help you move past plateaus, or possibly get moving altogether."

Those wishing to purchase Bodyweight Flow, or for more information, click here:

<http://healthyandfitzone.com/go/BodyweightFlow/>

To access a comprehensive Bodyweight Flow review, visit

<http://healthyandfitzone.com/bodyweight-flow-review>