

Lift Weights Faster: Review Examining Jen Sinkler's Fitness Course Released

SUMMARY: DietsAndFitnessGuides.com releases a review of Jen Sinkler's Lift Weights Faster fitness course, which combines cardio, weight lifting and strength training, for short, intense workouts designed to help you lose body fat and build muscle at the same time.

Lift Weights Faster - a new fitness training course from Jen Sinkler which includes 130 different 10, 20 and 30-minute workouts has just been released to the public generating a frenzied buzz of excitement throughout the online health and fitness community. The course, which has garnered widespread media attention has caught the attention of DietsAndFitnessGuides.com's Vince Delmonico, prompting an investigative review.

“One of the most common questions I get from people who are trying to lose weight or who have been working out for a while and just don't seem to be getting the most out of the time they put in, is ‘why aren't I seeing the results I want?’” says Delmonico. “You wouldn't believe how many people simply give up exercise all together because they're not getting the results they're looking for despite putting the time in. What intrigued me about Jen's program was the sheer number of exercises it includes—over 225—and how quickly the workouts can be done. Jen Sinkler is a well-known fitness expert with some very impressive credentials, so, I was especially eager to review the product and report on it for our readers.”

“Our Lift Weights Faster review explains that we were very impressed with Sinkler's ability to provide such dynamic workouts that can be done in such short periods of time. We liked that the course is available online with no need to wait for physical products to be shipped to your home, which allows instant access to all training materials. And, one of the coolest things is the fact that users get access to interactive features which allow you to track your progress and compare it against other users.” reports Delmonico. “The program does away with the traditional notion of how you're supposed to approach fitness—specifically, the outdated idea that you're supposed to compartmentalize different exercise routines, or that you need to spend huge amounts of time doing cardio to lose fat.”

“The course is based on new research, which suggests lifting weights can provide a great cardio workout when done with shorter breaks in between exercises—in other words, when done faster. That way the program is aiming at giving users the best of both worlds from one workout—losing fat and gaining the benefits of an intense cardio workout while gaining muscle at the same time”

[Those wishing to purchase Lift Weights Faster or to learn more about the course, click here.](#)

Vince Delmonico reviews diets, fitness guides and other self help programs on his website DietsAndFitnessGuides.com. Delmonico's Lift Weights Faster review is online at the following web address: <http://www.dietsandfitnessguides.com/jen-sinklers-lift-weights-faster-review/>

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