



The Four Minute Workout
by Zach Bush MD



<https://youtu.be/PwJCJToQmps>

The Four Minute Workout is a new concept of exercise that revolves around the body's ability to use nitric oxide for muscle growth. This is an efficient anaerobic workout that can be done multiple times per day. The more frequently you do it, the better your results.

Nitric oxide is a molecule made by the human body that feeds your muscles. When you start to exercise and run out of oxygen (you feel your muscles ache), nitric oxide is released. As it moves downstream, blood vessels dilate allowing more oxygen and nutrient delivery for muscle growth.

Our blood vessels actually only store about 90 seconds worth of nitric oxide before they need to manufacture more, so working each major muscle group out for 90 seconds gives you the most efficient workout to tone and build muscles.

The body has the ability to regenerate nitric oxide every couple of hours, giving you the opportunity to release it multiple times a day. What that means is the most effective way to increase your muscle function is to work out very briefly every few hours.

The four minute workout can be completed multiple times per day no matter where you are, who you're with, or what you're wearing. In just four minutes you exercise the 16 largest muscle groups in your body. It is free, easy, effective, and the best way to start toning your body systems.

Farming Secrets says: These are fun and quick to do plus they make you feel great afterwards!

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