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# Advanced Anabolic Running

Joe LoGalbo



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# Introduction

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Advanced Anabolic Running incorporates short workouts you can do [from anywhere] to increase muscle mass, drop massive amounts of fat, ramp up your male sex hormones, and get in the fittest shape of your life.

After completing the Anabolic Running program, you may feel ready for a brand new challenge that will send your physique to uncharted waters of muscularity and leanness. Introducing, Advanced Anabolic Running. The only indoor cardio workout program designed specifically for men to get ripped, in the shortest amount of time possible, and maximize their male hormones for increased sexual function and drive.

This program can also be added along with your Anabolic Running program if you are anxious to start using the material in this manual today. Be sure to add these workouts following the Anabolic Running workout listed in the original Anabolic Running material. An example would be:

Workout 1: Intermediate B Anabolic Running Workouts [rest 10 minutes after]

Workout 2: 4-minute Advanced Anabolic Running workout.

These workouts are short in duration, yet very high in intensity and effectiveness. Each workout will have it's own instructional video, along with a written out plan for you for completing the workout. For maximum results, complete the program. Do not stop until you're done. You'll thank me at the end of the 40 days. Expect a brand new, ripped body with robust abs, powerful shoulder and chest, and strong, athletic legs. You'll feel like a "new" you. Good luck.

Joe LoGalbo - Creator, Anabolic Running

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# Advanced Anabolic Running

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Joe LoGalbo CPT



Welcome to the Advanced Anabolic Running workouts, where you will accelerate your fat loss results while packing on lean muscle fast. Add these workouts to the end of any Anabolic Running workout [in the first manual] for extreme results. Good luck!

**Note:** Set yourself up for success by having a water bottle nearby for hydration during transitions between each exercise. Transitions will last as long as you need. However, the shorter the break, the better. Ideally, you will not break once. Instead, you will blast through the entire 8-minute workout with speed, intensity, and heart. You can do it. Time to warrior up.



## THE 8-MINUTE SHREDDER

### The Workout:

Complete as many rounds as possible within 8 minutes. Follow the order of the exercises below. Keep rest period as few as possible and in as short duration as possible. Below is your workout:

- 1) Sprint in place [30 seconds]
- 2) Plank Hops [20 repetitions]
- 3) Lateral Squat Jumps [20 repetitions]
- 4) Plank [30 seconds]

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Note About The 8-Minute Shredder:  
This workout is a cardio based, high intensity experience. During the 30-seconds exercise period, you must give your absolute best effort. You can do anything for 30 seconds, right? And not only are the intervals only 30-seconds, but the entire workout is only 8 minutes. The beauty of this workout? You will continue to burn calories throughout the entire day, even after the 8 minutes of exercise.



# ANABOLIC CARDIO CHEST BLAST

## The Workout:

Complete as many rounds as possible within 8 minutes. Follow the order of the exercises below. Keep rest period as few as possible and in as short duration as possible. Below is your workout:

- 1) High Knees In Place [30 sec]
- 2) Up-downs [10 reps]
- 3) Push-up [10 reps]
- 4) Plank up-downs [30 sec]

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## Note About The Anabolic Cardio Chest Blast:

This workout is focuses on fat-burning cardio using high knees, coupled with chest, shoulder, and tricep builders with the push-up, plank up-downs, and also the up-downs. You can use variations for the push ups and plank up-downs, making them more challenging (decline push-ups) or less challenging (knee push-ups). The choice is yours based on your fitness level.



## 8-MINUTE LEG BUSTER

### The Workout:

Complete as many rounds as possible within 8 minutes. Follow the order of the exercises below. Keep rest period as few as possible and in as short duration as possible. Below is your workout:

- 1) Sprint In Place [30 sec]
- 2) Jump Squats [20 reps]
- 3) Reverse Lunge Jump [20 reps]
- 4) Squat & Hold + Jump [10 reps]

[Click Here To Watch Video](#)

Note About The 8-Minute Leg Buster: This workout is focuses on fat-burning cardio, while building powerful, explosive muscle in the lower body. During the sprint in place, run as fast as you can in place followed by jump squats, reverse lunge jumps, and squat and hold jumps. You want to complete as many rounds of these exercises as possible within the 8-minutes.



# Ab Ripper

## The Workout:

Complete as many rounds as possible within 8 minutes. Follow the order of the exercises below. Keep rest period as few as possible and in as short duration as possible. Below is your workout:

- 1) High Knees In Place [30 sec]
- 2) Tuck Jump [10 reps]
- 3) V-Crunch [20 reps]
- 4) Spiderman Plank [10 reps]

[Click Here To Watch Video](#)

## Note About The Ab Ripper:

Abdominal training requires lots of focus on the midsection during the workout. You cannot simply crunch your stomach mindlessly and think you will achieve results. Instead, you must focus your mind on your abdominals throughout the entire workout. Keep your abs “flexed” or tight throughout this entire workout, even during the high-knees exercise. Doing this, you will see faster results and greater midsection development.





# Fat Over-Burn

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## The Workout:

Complete as many rounds as possible within 8 minutes. Follow the order of the exercises below. Keep rest period as few as possible and in as short duration as possible. Below is your workout:

- 1) Sprint In Place [30 sec]
- 2) Plank Stand Up [10 reps]
- 3) Plank Hops [10 reps]
- 4) Burpees [10 reps]

[Click Here To Watch Video](#)

## Note About Fat Over-Burn:

This workout contains two very effective fat burning exercises, the sprint in place and the burpee. To maximize fat burning during this workout you must sprint in place as fast as you can for the 30 seconds listed in the workout. You will come back to this sprint often in the 8 minute workout so be sure to throw your body into a heavy fat-burning state by sprinting as hard as you can during this time.



# Anabolic Arms

## The Workout:

Complete as many rounds as possible within 8 minutes. Follow the order of the exercises below. Keep rest period as few as possible and in as short duration as possible. Below is your workout:

- 1) Sprint In Place [30 sec]
- 2) Explosive Push Up [10 reps]
- 3) Close Grip Push Up [10 reps]
- 4) Plank Up-Downs [10 reps]

[Click Here To Watch Video](#)

## Note About Anabolic Arms:

In order to attain the appearance of ripped and muscular arms, you must burn body fat, leaning out the fat in your arms for more definition. You must also build the biceps, triceps, and shoulders to give you the sleeve-busting appearance every woman loves to see and every guy wants to have. This Anabolic Arms workouts achieves both.



# ANABOLIC OVERDRIVE

## The Workout:

Complete as many rounds as possible within 8 minutes. Follow the order of the exercises below. Keep rest period as few as possible and in as short duration as possible. Below is your workout:

- 1) Sprint In Place [30 sec]
- 2) Mountain Climbers [30 sec]
- 3) Up-Downs [10 reps]
- 4) Burpees [10 reps]

[Click Here To Watch Video](#)

## Note About Anabolic Overdrive:

Anabolic Overdrive has one mission in mind. Burn as many calories and fat as possible while increasing anabolic hormones. This workout does the trick. Remember, during the sprint in place and mountain climbers you are performing as fast as possible. Go as hard as you can for the 30 seconds - followed by up-downs and burpees where you are giving your absolute best effort, moving through the 10 reps as fast as possible.



# Shoulder Massacre

## The Workout:

Complete as many rounds as possible within 8 minutes. Follow the order of the exercises below. Keep rest period as few as possible and in as short duration as possible. Below is your workout:

- 1) Jump Squats Hands In Air [30 sec]
- 2) Mountain Climbers [30 sec]
- 3) Pike Push Up [10 reps]
- 4) Plank Up-Downs [10 reps]

[Click Here To Watch Video](#)

## Note About Shoulder Massacre:

This workout will build eye-popping, shirt-busting shoulders, and at the same time, place your body into fat burning mode. The initial jump squats with your hands in the air and mountain climbers will elevate fat burning hormones, while pre-exhausting your shoulders before the real shoulder exercises begin [pike push up and plank up-downs]. Give your absolute best effort on all 4 exercises for maximal results.



# TRUNK EXPLOSION

## The Workout:

Complete as many rounds as possible within 8 minutes. Follow the order of the exercises below. Keep rest period as few as possible and in as short duration as possible. Below is your workout:

- 1) Jump Squats [30 sec]
- 2) Cobra Pose [30 sec]
- 3) Up-Downs [30 sec]
- 4) Glute Bridge [20 reps]

[Click Here To Watch Video](#)

## Note About Trunk Explosion:

This workout will build a strong and muscular lower trunk. This includes muscles in your glutes and lower back. You'll also experience awesome fat burning results from the jump squats and up-downs [both of which also work the trunk]. Also, the "Cobra" pose has been scientifically proven to increase testosterone levels by 20%



# CRUNCHLESS CORE

## The Workout:

Complete as many rounds as possible within 8 minutes. Follow the order of the exercises below. Keep rest period as few as possible and in as short duration as possible. Below is your workout:

- 1) Mountain Climbers [30 sec]
- 2) Plank Hops [10 reps]
- 3) Up-Downs [10 reps]
- 4) Rotating Plank [20 reps]

[Click Here To Watch Video](#)

## Note About Crunchless Core:

Crunchless Core is an extreme fat loss workout coupled with abdominal training which requires ZERO crunching exercises. This workout targets the lower abs with the plank hops and up-downs, while also hitting the obliques hard with the rotating plank. Mountain Climbers should be used for both fat burning and abdominal building. Be sure to keep your abs flexed and tight throughout the entire workout.



# PEC DESTRUCTION

## The Workout:

Complete as many rounds as possible within 8 minutes. Follow the order of the exercises below. Keep rest period as few as possible and in as short duration as possible. Below is your workout:

- 1) Burpees [10 reps]
- 2) Explosive Push-up [10 reps]
- 3) Plank + Chest Squeeze [30 sec]
- 4) Negative Push Up [5 reps]

[Click Here To Watch Video](#)

## Note About Pec Destruction:

The Pec Destruction workout hits the chest with many different muscle and strength building techniques, while also performing fat burning exercises. The explosive push-ups use powerful plyometrics. The plank and chest squeeze are strength building isometrics. And the negative push up uses mass building essentials. The burpee is a combination of fat burning cardio and chest building.



# MIDSECTION MELTDOWN

## The Workout:

Complete as many rounds as possible within 8 minutes. Follow the order of the exercises below. Keep rest period as few as possible and in as short duration as possible. Below is your workout:

- 1) Sprint In Place [30 sec]
- 2) Mountain Climbers [30 sec]
- 3) Reverse Crunch [10 reps]
- 4) Heel Reach [10 reps]

[Click Here To Watch Video](#)

## Note About Midsection Meltdown:

Midsection Meltdown includes two-very high intensity anabolic cardio activities with sprinting in place and performing mountain climbers. Both exercises will burn the belly fat sitting over your abs. The Reverse Crunch and Heel Reach will help develop the abdominal wall, giving your abs the blocky, muscular “look” after the fat has been melted off on top.





# BODY FAT REBELLION

## The Workout:

Complete as many rounds as possible within 8 minutes. Follow the order of the exercises below. Keep rest period as few as possible and in as short duration as possible. Below is your workout:

- 1) Sprint In Place [30 sec]
- 2) Mountain Climbers [30 sec]
- 3) High Knees [30 sec]
- 4) Up-Downs [30 sec]

[Click Here To Watch Video](#)

## Note About Body Fat Rebellion:

Body Fat Rebellion is a high intensity fat burning workout. Although muscles all over the body will be worked using the movements in this workout, the primary goal above all is fat burning cardio.

You're going to give your absolute best effort throughout every single exercise for the most extreme results



# ARM INTENSIFIER

## The Workout:

Complete as many rounds as possible within 8 minutes. Follow the order of the exercises below. Keep rest period as few as possible and in as short duration as possible. Below is your workout:

- 1) Shadow Boxing [30 sec]
- 2) Burpees [30 sec]
- 3) Close Grip Push Up [10 reps]
- 4) Pike Push Up [10 reps]

[Click Here To Watch Video](#)

## Note About Arm Intensifier:

The Arm Intensifier will start with a shoulder fatiguing set of Shadow Boxing. During this movement you will punch as hard as you can, while flexing your arms the entire time for the 30 seconds. The remaining exercises will also fatigue and build muscle in the shoulders, triceps, and chest. The burpees will also increase fat burning.



# ANABOLIC LEGS

## The Workout:

Complete as many rounds as possible within 8 minutes. Follow the order of the exercises below. Keep rest period as few as possible and in as short duration as possible. Below is your workout:

- 1) Bodyweight Squats [30 sec]
- 2) Jump Squats [10 reps]
- 3) Lunges [10 reps]
- 4) Frog Jumps [10 reps]

[Click Here To Watch Video](#)

## Note About Anabolic Legs:

The Anabolic Legs workout will use both explosive bodyweight and standard bodyweight exercises to build lower body strength and muscle mass. Be sure to complete as many rounds as you can, with as little rest in between each exercise for the entire 8-minute routine.



# FAT EXTINGUISHER

## The Workout:

Complete as many rounds as possible within 8 minutes. Follow the order of the exercises below. Keep rest period as few as possible and in as short duration as possible. Below is your workout:

- 1) Burpees [10 reps]
- 2) 5 Sprint Up-Down [10 reps]
- 3) Mountain Climbers [30 sec]
- 4) Sprint In Place [30 sec]

[Click Here To Watch Video](#)

## Note About Fat Extinguisher:

This workout is a high-intensity, anabolic cardio workout that will heighten your fat burning hormones, increase your anabolic hormones, and help burn body fat covering your entire body. Be sure to take as little rest as possible and complete each exercise at the highest intensity possible based on your current fitness level.



# BELLY TORCH

## The Workout:

Complete as many rounds as possible within 8 minutes. Follow the order of the exercises below. Keep rest period as few as possible and in as short duration as possible. Below is your workout:

- 1) Sprint In Place [30 sec]
- 2) Spiderman Plank [10 reps]
- 3) Plank Rotations [20 reps]
- 4) Burpees [30 sec]

[Click Here To Watch Video](#)

## Note About Belly Torch:

Set your fat ablaze with this hardcore midsection and fat burning cardio. The key to building a ripped set of abs is burning fat over your belly and increasing the strength and musculature of the abdominals themselves. This workout will accomplish both so you build a strong and shredded midsection.



# LOVE HANDLE ERASER

## The Workout:

Complete as many rounds as possible within 8 minutes. Follow the order of the exercises below. Keep rest period as few as possible and in as short duration as possible. Below is your workout:

- 1) High Knees In Place [30 sec]
- 2) Russian Twist [20 reps]
- 3) Plank Rotations[20 reps]
- 4) Spiderman Planks [20 reps]

[Click Here To Watch Video](#)

## Note About Love Handle Eraser:

Start the workout with an all-out, max-effort high knees exercise. You'll crank up your fat burning hormones here and then continue on with three high intensity abdominal exercises which will keep your heart rate in fat burning mode, which hitting that "trouble area" in the obliques and love-handle region.



# FAT DESTROYER

## The Workout:

Complete as many rounds as possible within 8 minutes. Follow the order of the exercises below. Keep rest period as few as possible and in as short duration as possible. Below is your workout:

- 1) Sprint In Place [30 sec]
- 2) Tuck Jump [10 reps]
- 3) Burpees [20 reps]
- 4) High Knees [30 sec]

[Click Here To Watch Video](#)

## Note About Fat Destroyer:

So you want to knock-out some fat do you? This 8 minute workout will demolish stubborn body fat by ramping up your fat burning and anabolic hormones. It's also powerful enough to keep your calories burning throughout the day, even while you sleep. Be sure to give your absolute all-out effort to reap the benefits of this workout.



# BELLY BEATDOWN

## **The Workout:**

Complete as many rounds as possible within 8 minutes. Follow the order of the exercises below. Keep rest period as few as possible and in as short duration as possible. Below is your workout:

- 1) Sprint in place [30 seconds]
- 2) Plank Hops [20 repetitions]
- 3) High Knees [30 seconds]
- 4) Plank [30 seconds]

[Click Here To Watch Video](#)

## **Note About Belly Beatdown:**

Although more of an anabolic cardio based workout, the end result is a beat-down on your belly. Between the high-intensity sprints, hops, and high knees in place and the ab carving plank formation, you'll be burning through fat and increasing strength and lean muscle mass in your midsection.



# After Completing All 20 Workouts

After completing all 20 workouts, the Advanced Anabolic Running training does not have to stop there. Instead, you can go through the entire set of workouts again. All you have to do is change the workout duration.

For example, instead of performing only 8-minutes of Advanced Anabolic Running, you can now perform 10 or 12 minutes depending on your ambition to take your results to the next level. Of course, continue following the initial Anabolic Running protocol along with this program for the most effective results.

