

THIN
IN

60

SECONDS

BY

PUREHEALTH®

RESEARCH

Thin In 60-Seconds

THE END OF EXCUSES!

by

PUREHEALTH®
RESEARCH

This book is not intended as a substitute for medical advice of physicians. The reader should consult a physician in matters relating to his/her health. The information provided in this book is designed to provide useful informed advice on the subjects that are being discussed. This book is not meant to be used to diagnose or treat any medical condition. For diagnosis or treatment of any kind, consult your own physician. Moreover, the techniques and exercises listed in this book are meant to be carried out in a safe environment and on the readers own personal responsibility. The publisher and author are not responsible for any specific health issues or injuries that might occur from inappropriate practice.

Copyright © 2019 by PureHealth Research

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law. For permission requests, contact the publisher, at the address below.

WWW.PUREHEALTHRESEARCH.COM

INTRODUCTION: WHY A 60-SECOND WORKOUT IS BETTER FOR YOUR BODY THAN MOST 45-MINUTE ROUTINES...

Would you like to discover PureHealth's exclusive secret to a quick & age-defying midsection? What if we told you long, strenuous 45-minute workout routines weren't necessary, and you could have the same defining figure in only 60 seconds? While the countless weight loss shortcuts in this guide might seem surreal, be prepared to be amazed at what PureHealth has to show you.

When it comes to working out, you know your goals, lose weight, lower blood pressure, sugar & cholesterol, reduce your risk of disease and cancer, build muscle mass, and boost your brain. All the health benefits your body needs every day, but the thing is...

Between chaotic schedules and life in general, you feel like you never have the time to go to the gym or workout and you feel as if there is never any time to focus on your body's real needs?

PureHealth is here to prove you can give your body the exact workout it needs every day and the best part? You can do most of these exercises almost anywhere and especially in the comfort of your own home.

Ok, let's start with a quick fun fact! Did you know most athletes focus on workout using only short intervals? Why? Short bursts boost their speed and power because you are using around 85-100% your maximum heart rate, while longer routines typically use 50-75%.

Focusing on utilizing this extra energy and blood flow of these workouts will, without a doubt, help your body perform at rebuild at peak performance. Plus! When you stop over working out, you avoid the risk of dangerous cortisol, which can over stress your brain and destroy your body.

Still not convinced you can cancel your gym membership for these fantastic health secrets? What are you waiting for let's jump in a discover PureHealth's favorite....



10 ONE-MINUTE, MID-SECTION WORKOUTS!

1. THE CORE BUILDING POTENTIAL OF POWER SQUATS

Executing a proper squat is perfect for building your quadriceps and the hamstrings. (Two large muscle groups, located in your thighs) We guarantee you will feel the burn as you build your gluteus maximus, the primary muscle used in a squat. You'll also feel your calf muscles, abdominals, and more working in full effect... Uncover more below!



BODY BENEFITS OF POWER SQUATS

DEVELOP GLORIOUS GLUTE MUSCLES: Did you know squats are perfect for building buns of steel? Indeed! Your gluteus maximus (the largest muscle on the human body) is responsible for most of your power. Squats also work wonders on your gluteus medius and minimus.

CARVE RESILIENT QUADS & CALVES: Did you know your quads are composed of four major muscles? Your...

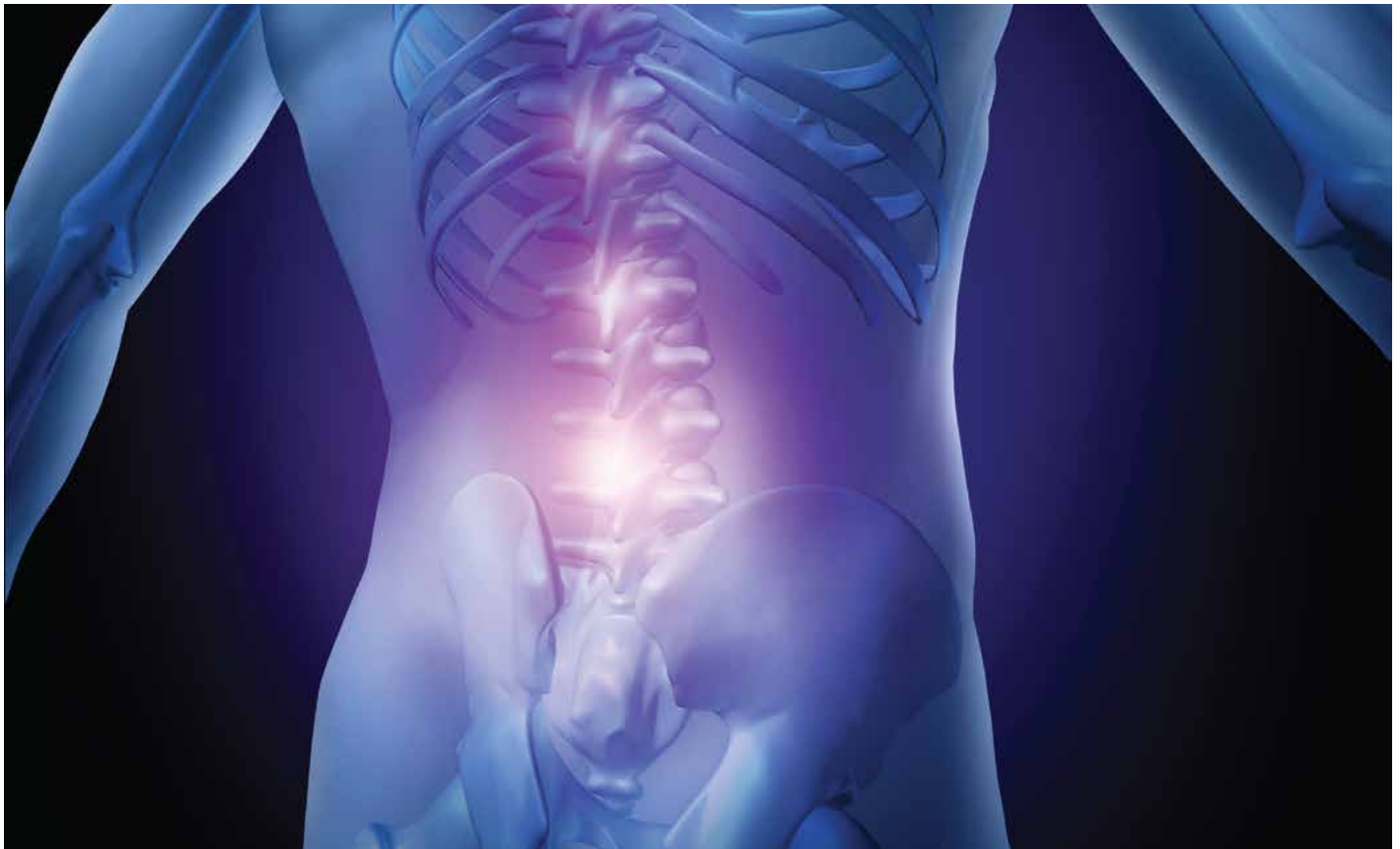
1. VASTUS MEDIALIS
2. VASTUS INTERMEDIUS
3. VASTUS LATERAL-IS
4. RECTUS FEMORIS

The muscles built by squats are required for full leg extension and are crucial for protecting your knees. Meanwhile, squats will also work the gastrocnemius and soleus muscles in your calves muscles to help your body navigate the world faster and...

1. BUILD ANKLE STRENGTH & STABILITY
2. DEVELOP LOWER BACK MUSCLES
3. IMPROVE AGILITY & ABILITY TO RUN FASTER
4. RAISE YOUR JUMPING HEIGHT

BUILD YOUR CORE QUICK: squats are one of PureHealth's favorite workouts because help build your entire midsection, not only just your abs. We're talking about your...

- LOWER BACK
- INNER SPINE
- MID-BACK, OBLIQUES,
- ABDOMINAL MUSCLES



You see in a squat; the constant movement helps you work out these numerous muscles groups because you're holding your form as you focus on keeping your weight stable no matter what!

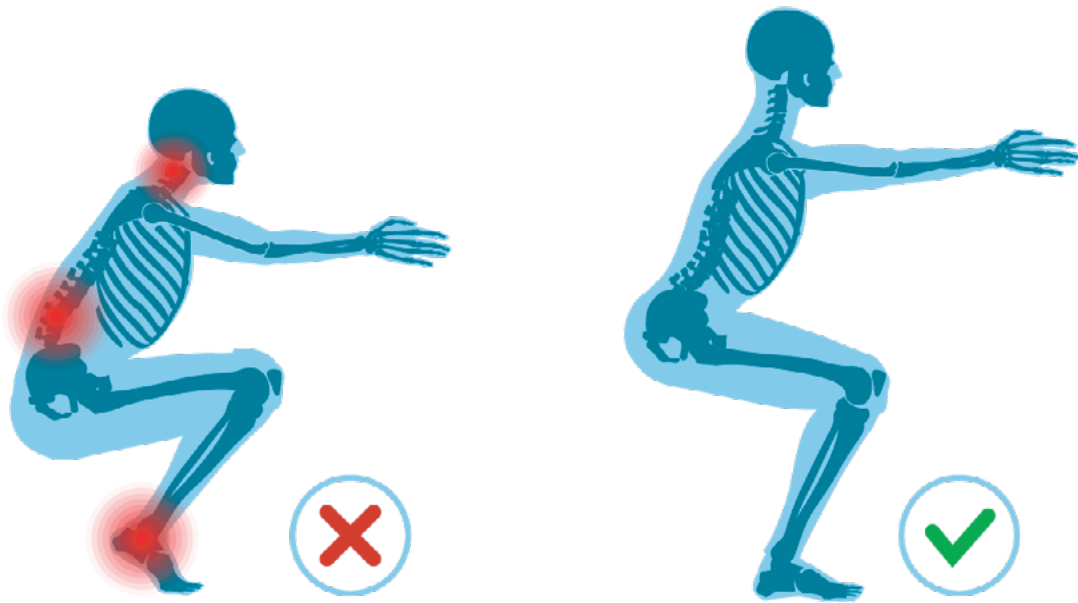
ADD AN EXTRA SPRING TO YOUR STEP: Squats improve our ability to jump by strengthening all of your lower extremities & increasing your ability to produce more power!

PUREHEALTH'S FAVORITE POWER SQUATS

STANDARD SQUATS:

1. Setting your feet hip-width apart & slightly pointed out.
2. Squatting so your knees reach a 90-degree angle
3. Once dropped down to the proper position, push yourself back up & repeat!

REMEMBER: Don't lean forward and make sure you maintain a flat back throughout the entire exercise. Also... Your knees should never track over your toes.



SUMO SQUATS:

1. Set your feet wider than hip-width apart with your feet angled significantly outward.
2. Spring up using your heels and keep your back in line. Pointed outward. (This will focus on building your butt and inner thighs.)



PULSE SQUATS:

1. Get into a standard squat (see previous page) and once at the bottom come only halfway up, and then lower your back down into squat formation.
2. Repeat this multiple times, and it will appear as a “pulse” like movement, which will quickly build your glutes.

SINGLE LEG DIPS:

1. Lift your left leg either behind you or keep it as straight as possible in front of you as you squat down on your right leg.
2. Keep your weight in your heel to hit the booty.

Use this squat to build balance and stability and definition in your legs.



NOTE FOR BEGINNERS: This move does involve going on one leg, so if you feel uncomfortable doing so we suggest holding onto something before learning this particular power squat.

GOBLET SQUATS: (This is similar to a sumo squat & involves a kettle or dumbbell)

1. Set your feet wider than hip-width apart and angled them slightly outward & hold your kettle-bell or dumbbell at chest level.
2. Lower into a squat and thrust your weight up through your heels.

(This workout like a sumo squat will also work your inner thighs and upper butt!)



PURE HEALTH'S SQUATTING SUGGESTIONS & TIPS!

If you are new to squatting, then we suggest taking it easy at the start. (Just make sure you go hard enough that you feel the burn.)

For the best results of a **60-SECOND POWER SQUAT WORKOUT**, we suggest trying to accomplish 10-15 squats per rep!

Squats are also a standard form for most workouts, so we suggest practicing squats as often as possible and especially before and in-between exercises to build your core!

2. BUILD YOUR UPPER BODY USING A PROPER PUSH-UP

PureHealth loves pushups because they have amazing benefits for building your upper body. Triceps, pectoral muscles, and shoulders are all worked out with a quick push up rep and when done in proper form can incredibly strengthen your abdominal muscles, lower back, and core!

The best part? Like most of the workouts in this guide, they are able to be done anywhere and are fast and effective for developing a consistent exercise routine. They also have incredible holistic benefits, including...

BOOSTING CARDIOVASCULAR HEALTH: When you engage multiple muscle groups at the same time, like in a push-up, your heart pumps oxygen-rich blood to muscle tissue, which results in an effective cardiovascular exercise.

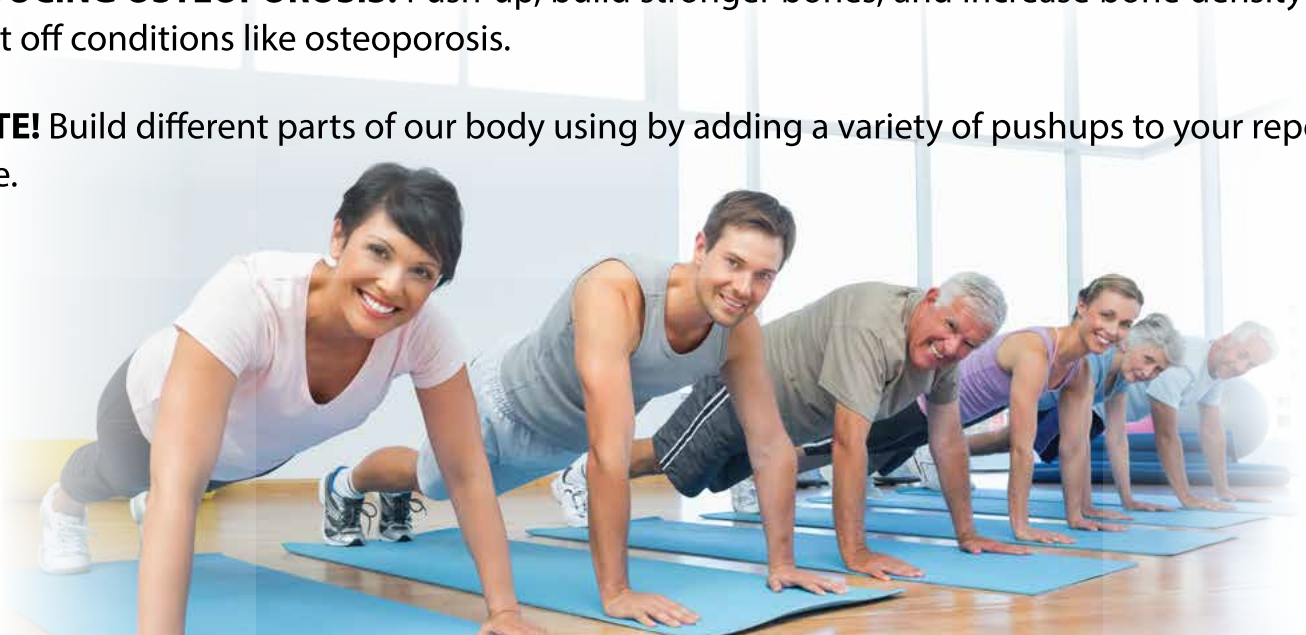
PROTECTING YOUR SHOULDERS: Did you know your shoulders host your rotator cuff? A delicate part of the body, which is commonly injured, but easily protected with a proper pushup.

IMPROVING POSTURE: You might not realize it, but Improper posture will deplete your health! Why? When you put extra stress on your stomach and immune system, your body will cause core destroying inflammation and irritation. Push-ups enhance the muscles responsible for supporting posture.

PREVENTING BACK PROBLEMS: Let's face it... No one wants to get old and suffer from constant lower back injuries. Push-ups develop your back muscles so you can reduce lower back pressure and tension.

REDUCING OSTEOPOROSIS: Push-up, build stronger bones, and increase bone density to fight off conditions like osteoporosis.

NOTE! Build different parts of our body using by adding a variety of pushups to your repertoire.



CLASSIC PUSH-UP POSITIONS

BASIC PUSHUPS FORMATION:

1. Begin by putting your hands beneath your shoulders. Tighten your core and straighten your back and push-up onto your toes.
2. Lower yourself to the ground as you make sure your back stays flat! (Note: Tuck your elbows into your body, so they do not stick out.)
3. Exhale and push yourself back to the starting position.

BONUS TIP... TRY A STAGGERED PUSH-UP REP!

A staggered push-up simply involves putting yourself into the traditional push-up pose, but one hand is situated higher than the other, which is remaining in line with your shoulder.



WIDE GRIP:

Enter a traditional pushup pose but put your hands further apart. (This will allow your elbows to bend more as you lower to the ground.) Wide grip pushups are perfect for developing your chest, and front shoulders, and the wider your hands are, the more you will work your pectoral strength.

DIAMOND (CLOSE GRIP):

Move your hands closer together than a regular pushup and position them, so your two indexes and thumbs are touching. (This should form a triangle shape, which will work your triceps and chest.)

CLAP:

Once again enter a traditional pushup, and after you lower yourself to the ground, push yourself off the floor so you can clap your hands before landing in the push-up position again.

NOTE* Make sure you utilize all of your momentum to help boost yourself back up again. (This is fantastic at building your upper body strength and the ability to push yourself off the ground in case of a bad fall.)

SUPERMAN POSE:

A Superman push-up takes the clapping pushup, but amplifies it 10X!!! Why?

1. You push your torso off the ground, so your entire body is off the floor.
2. Push yourself off the floor, so your hands, torso, and feet are in the air.
3. Put your arms above your head & in front of you, so you form the classic Superman pose.
4. Land and follow through using your previous push-ups momentum!

DO YOU HAVE WHAT IT TAKES TO CONQUER THE PUREHEALTH PUSHUP CHALLENGE...?

It's simple, all you have to do is increase your push up rep each week using a variety of these push-ups until one day you can complete a full 100 push-up rep!



PURE HEALTH'S PUSH-UP TIPS & DIRECTIONS!

Pure Health well understands how push-ups are not everyone's favorite workout routine! With that being said try your best to do anywhere from 10-12 pushups for your initial first reps of 60-second push-ups.

Remember, the idea is to build muscle, not tear it trying to push your body too far!

We do recommend doing push-ups early in the morning or before you exercise to get your blood flowing fast.

3. INCLINED RUNNING/QUICK STAIR SETS

PureHealth cannot stress the benefits of choosing the stairs at work over the elevator. It is such a simple way to burn extra calories and keep your body ready to lose weight and tone your legs, not to mention...

- **BURN SIGNIFICANT MORE CALORIES**
 - **IMPROVING YOUR CARDIOVASCULAR FITNESS.**
 - **ENCOURAGE ENDORPHIN PRODUCTION**
 - **CREATE AN AMAZING CARDIO ROUTINE**
 - **RAISE YOUR HEART RATE**
 - **STRONGER JOINTS AND MUSCLES**
 - **IMPROVE ENERGY**
 - **DEVELOP YOUR IMMUNE SYSTEM (WHICH IN TURN WILL...**
-
- A. LOWER YOUR RISK FOR DIABETES,**
 - B. PREVENT HIGH BLOOD PRESSURE,**
 - C. REDUCE OSTEOPOROSIS**
 - D. DEFEND AGAINST HEART DISEASE.**



Take a moment to think about how easy and convenient a workout like climbing stairs can be... That's how easy it is to start an exercise routine. Stairs are almost everywhere and in most homes, so there is no equipment cost for this workout, which will burn over two-times more calories than walking! Check out PureHealth's favorite stair climbing styles below!

SLOW & STEADY: Remember, starting slow is always completely fine and at most times encourages. Slow incline walking will burn more fat as you work your glutes, quads & hamstrings.

LEG LIFTS: Boost your glutes by stepping up on one leg as you pause and kick back your opposite leg. (We suggest you hold on to the rail.) As you step up with your alternative leg, kick back your opposite leg.

DOUBLE STEPS: Develop your glutes, hamstrings, and calves by skipping a stair as you step. Beginning with the right leg and alternate with the left. This is perfect for building extra calve strength! (Just make sure you keep your balance at all times!)

CROSSOVER STEPS: Turn your body to the right or left, hold onto the rail, and cross your leading leg over your other leg for 10-20 reps. Then turn to the opposite side and repeat with your alternate leg leading.

(This is great for enhancing your focus and agility, but be careful not to trip over your feet!)

OUTSIDE STAIR SPRINTS Sprint up a set of stairs 2-3 times. Recover by walking back down. Athletes use this type of workout to burn extra fat and boost their metabolism fast.

BONUS TIP! Give your metabolism a much needed kick of energy with **METABOLIC GREENS+** from PureHealth Research! The natural formula of both red and green blends with zero sugar!



[LEARN MORE >>](#)



PURE HEALTH'S RECIPE FOR STAIR RUNNING SUCCESS

Stairs are great because you start feeling resistance almost instantly! The experts at Pure Health love utilizing this workout because it is able to be done almost anywhere and at any time with a complete set of stairs!

Our staff of experts suggests going to a location where you know has a lot of steps. This way, you are able to set the standard for yourself of what you can see is possible in a 60-second span. You should at least be able to complete going up and down your average staircase set of 10-12 stairs in a minute.

4. RAISE MUSCLE RESILIENCY AS YOU JUMP ROPE

Boxers have been skipping rope for years because it helps improve their balance, agility, and coordination! How? By making quick movements of your feet effortless and almost mindless. Boxers also keep jump ropes as a core part of their workouts because they are an extremely portable and excellent option when traveling. Not to mention...



INCREASE ELASTICITY & RESILIENCY: Use jump roping to strengthen your calf muscles and improve the elasticity of your tendons to increase flexibility.

IMPROVE COORDINATION: **FUN FACT!** Jumping rope is a form of cyclic activity; meaning you perform this activity in cadence rhythm. This constant and steady movement will improve the coordination in most of your motor functions.

BOOST COGNITIVE FUNCTION: Did you know jumping rope involves requiring learning and processing new motor patterns?!?!? It's true! An activity such as jump roping is guaranteed to help boost the nervous system communication between your brain, wrists, and lower leg muscles, which boosts cognitive function!

ACCELERATE AGILITY: Feel light on your feet because jumping rope connects the balls of your feet with your brain to make "neural muscular adjustments." Reactions which are responsible for keeping you balanced and building agility.

STYLES OF JUMP ROPE STANCES

WIDE FEET: Soften & separate your knees as you place your feet into squat width. *(Your wide feet will help build your vertical leap.)*

THE BOXER: Skip hopping with both feet together and feel like a real boxer as you skip and shuffle from side to side. *(This style will drastically increase your endurance and focus.)*

THE JOG IN PLACE: Jog in place and spin the rope beneath your feet. *(This makes jumping rope a complete total body work out where you will quickly feel the sweat after a few short reps.)*

SINGLE-FOOT HOPS: Strengthen your legs independently as you hop up and down and skip rope with one foot at a time.

FRONT-TO-BACK: Hop front to back as you skip at your own pace. *(A perfect workout to burn felly and improving joint strength.)*

JUMPING JACK: Jump your feet apart and together, apart and together during alternator jumps. *(Amazing for raising cardiovascular health and securing healthy blood pressure.)*

CRISS-CROSS: Just like a jumping jack, but as your feet come together, cross the one in front of the other! A fun twist to a classic! *(Similar to the boxer, this style will drastically increase your endurance and focus.)*



TIPS TO JUMP ROPE ALMOST ANYWHERE

Remember, your jump rope can come with you almost everywhere, leaving you no excuse not to workout while on vacation or away from your personal gym.

Throw your jump rope into your workout bag so you can get your heart rate up before a run or leg workout where you will be focusing on building those muscles most, or enjoy the fat burning power of jump roping on its own!

Once comfortable gaining your form, you should be able to do 70-100 rotations per minute using the techniques listed above.

5. STRAIGHTEN YOUR LOWER BACK USING QUICK LUNGES

Lunge in place or lunge around your kitchen, either way, you will help strengthen your lower body, core strength, muscle tissue, and will build you the dream backside you always dreamed about and deserved.

Lunges help your body achieve proper balance and coordination, strengthen your lower body, increase core strength, muscle tissue and help you build the dream buttocks.

JUST KNOW... It's absolutely vital to practice lunges with the correct posture!



WAIT! DO YOU KNOW HOW TO EXECUTE A PROPER LUNGE?

FIRST KEY FACT to know about lunge formation! It is crucial not to put too much pressure on your joints! If you skip this vital step, you can and most likely will result in a bodily injury. Support joint and bone health during your lunge with **JOINT SUPPORT** from PureHealth, then you can...



[LEARN MORE >>](#)

PERFORM A PROPER LUNGE...

1. Standing straight up and by keeping your upper body straight.
2. Relax your shoulders and make sure your chin is up at all times.
3. Put one leg forward as you lower your hips until both knees are bent at a 90-degree angle. (Make sure that your knee is in line with your ankles, while other knee does not touch the floor.)
4. Keep your weight on your heels.
5. Now lunge, switch feet, and repeat.

Once this form is achieved, you will be on your way to...



CORE STABILITY: Proper lunge posture provides you with a stronger and more built core in mere minutes a day! Lunges are perfect because they engage your core and abdominal muscles to help build stability, ease, lower back pain, and improve overall posture.

BETTER BALANCE: Lunges train individual muscles to help your body parts work independently and collectively with each other. This will help build better balance as you feel grounded with much better coordination.

MORE DEFINED LEGS & BUTTOCKS: Strengthen your legs and buttocks because lunges develop the large muscle groups found in your lower body.

BOOSTS YOUR METABOLISM: As you work your lower body, your metabolism will automatically kick into to drive and help you burn fat faster!

HIP FLEXIBILITY: Do you feel tightness in your torso? Lunges help make your body more flexible to iron out any side effects of a sedentary lifestyle.

BETTER SPINAL HEALTH: Lunges are amazing in helping ease pain in your lower back, so relax knowing you probably will never throw your back out while doing a proper lunge.

PUREHEALTH'S FAVORITE LUNGES

SLIDER REVERSE LUNGE:

1. Stand with a slider under one foot. (A towel works fine.) Your toes should be in the middle of the slider with your heel off the ground.
2. Slide back and drop your back knee toward the ground.
3. Stop before your knee hits the ground. In the bottom position, both knees should be bent at 90-degrees.
4. Pull forward with your front leg to stand up.

**Great for building your lunge range as it targets your hip and quad muscles!*



GOBLET LUNGE:

1. Stay upright with hands at chest level. (We suggest adding weight using a kettlebell or dumbbell.)
2. Use both your hands and hold the weight at chest-height.

**A position perfect for building your front core and torso!*



PENDULUM LUNGE:

1. Step forward, dropping your back knee down into a standard lunge form.
2. Then, push off your front leg, while stepping back into a reverse lunge.
3. Drop your back knee and move it forward as you alternate between forward and reverse lunges.

NOTE: Avoid touching the floor during transitioning between forward & reverse lunges.

**This will help you balance better and develop rock hard glutes!*

SPLIT SQUAT:

1. Start on soft ground and get into the bottom of a standard lunge position (PREVIOUS PAGE) as you place one knee down on the floor. (We suggest using a soft pad or yoga mat if possible.)
2. Bend both knees at 90-degree angles and position your torso upright.
3. Keep your feet in place as you lift yourself up and back down. (While at the top, your legs should stay straight!)

**Feel your balance, core stability, and muscles build perfectly symmetrically with this favorite pose!*



DIRECTIONS FOR FITTING LUNGES INTO YOUR DAILY ROUTINE

Lunges are fantastic because you can do them in place and like most of the exercises on this list almost anywhere you feel comfortable!

Try and accomplish as many lunges in the morning, before a workout, or prior to bed to stretch your back and leg muscles and for 60 seconds rep try and knock out at least 5 lunges per leg!

6. THE POWER OF PLANKING

Pure Health has been excited to share one of our favorite work out positions with you! The **PLANK**, while simple and able to be done anywhere, is an extremely effective core exercise ready to build muscle and strength throughout your entire body.

The plank is actually another incredible training regimen used by a lot of professional boxers, who find it is great to alternate between pushups, crunches, and planks. Meanwhile, most professional sports teams focus on planks as part of their training because it quickly builds strength in multiple key muscles found in your body. Planking is even a very popular pose in yoga routines, including...

- **SUN SALUTATION**
- **HOT YOGA SESSIONS**
- **CARDIO-CENTRIC YOGA**



WHAT ARE THE HEALTH PERKS OF A ONE-MINUTE PLANK?

Planking is incredibly versatile and can be performed by people of pretty much any age. Planking targets most groups of muscles in our body, strengthens your skeletal system, and improves your mental clarity and focus, which in turn helps you breathe more calmly and properly. More benefits of planking include...

PLANKS WILL IMPROVE YOUR POSTURE: Planks improve posture, which will prevent your body from improper weight distribution and weight gain. Planks work your core, from your

pelvis to your shoulder. This focus strengthens your spine as well as your...

- **RHOMBOIDS**
- **TRAPEZIUS**
- **ABDOMINAL MUSCLES**

RID YOUR RETURNING BACK PAIN: Improved posture to help align your vertebrae, which will take any unnecessary stress off your spinal region. This will help rearrange the ligaments back properly in your spine, which will prevent future pain.

DEVELOP BETTER COORDINATION: One of the biggest perks of planking comes from training your muscles to become more stable. Think about it like this... While running, biking, or exercising in any way you need balance and stability to stay focused and build the muscles you are focusing on in your workout. Planking helps you build strong core so you can have full workout so your body can work as a well-oiled, organized machine!

IMPROVE YOUR FLEXIBILITY: Planks improve your posterior muscles in your back. Muscles including those found in and around your shoulders and your collarbone area, including your shoulder blades. Planking will grow and stretch these areas, which are often neglected during many traditional exercise routines.

BOOST YOUR METABOLISM: Planking is amazing at burning calories and boosting your metabolism because you are essentially focusing your energy on your core.



PUREHEALTH'S FAVORITE VARIATIONS OF THE PLANK

SIDE PLANKS: *IMPROVES CONCENTRATION, STRENGTHENS ARMS, INCREASES BALANCE*

1. Lie down on your side, making sure your legs are straight. Raise yourself on your forearm and make sure your body stays straight.
2. Make sure your hips and knees are both elevated off the ground.



REVERSE PLANKS: *PERFECT FOR YOUR LOWER BACK & HAMSTRINGS*

1. Place your palm-down on the floor, below your shoulders.
2. Flex your butt and your thighs and push upwards. (Just make sure your body stays in a straight line.)





RESISTANCE PLANK: *LOWERS BACK PAIN, INCREASES FLEXIBILITY, AND BUILDS CORE STRENGTH FAST!*

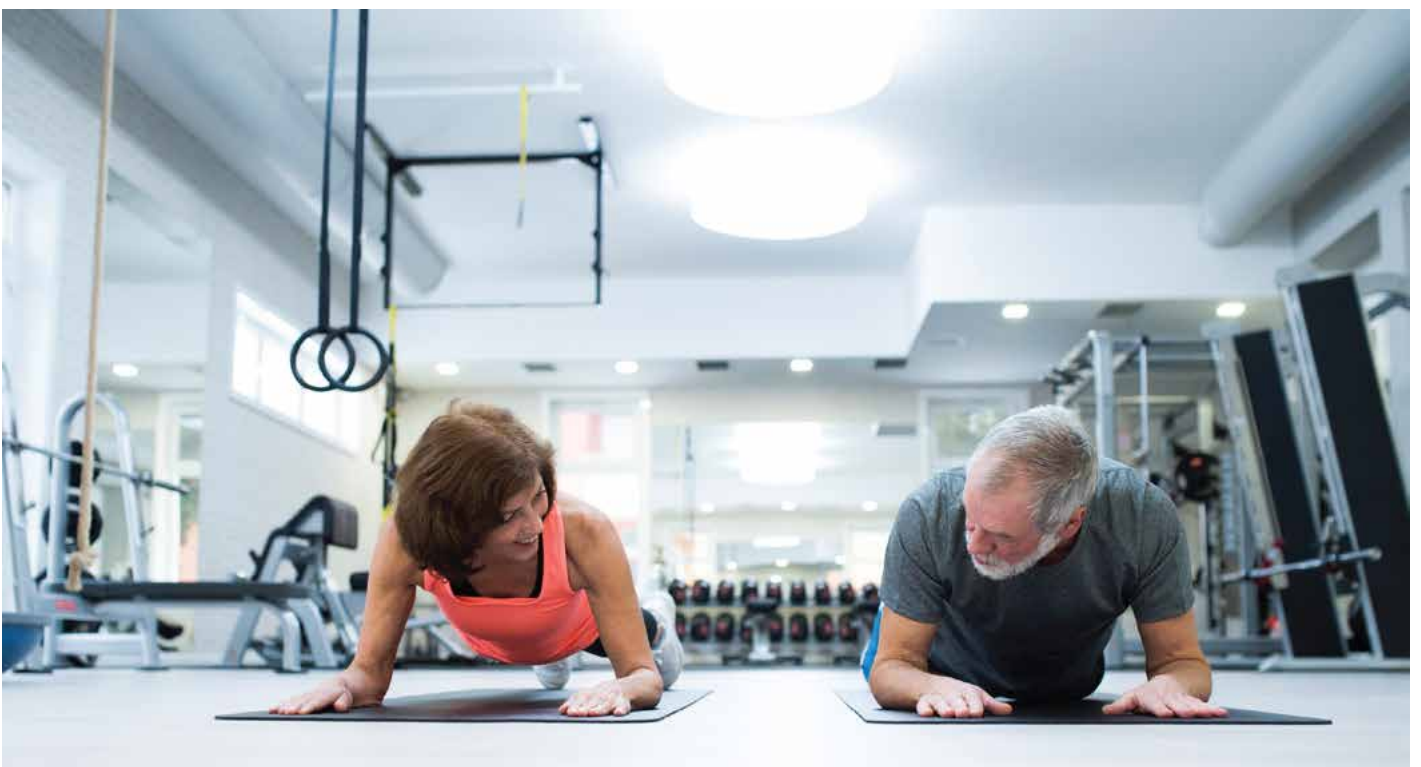
Adding resistance to your plank will increase without a doubt, increase its benefits and will build your core, shoulders, and flexibility even faster!

1. Put a resistance band around your wrists or ankles, after getting into a standard high plank position (The top of a standard pushup.)
2. Move your left hand out a few inches and notice the added strain on your muscles.

PUREHEALTH SUGGEST PRACTICING PLANKS...

Almost any time you can! After all push-ups and most core building workouts benefit and use the muscles focused on during a plank!

Drop to the floor whenever you can and feel the power of a plank on your midsection. Hold the poses listed above for at least 60 seconds to feel a real difference in your body!



7. BURN FAT OFF YOUR MIDSECTION FAST W/ 60 SECOND BURPEE SESSIONS



Burpees are an intense full body exercise that makes you a fat burning machine! Don't believe us? Discover why PureHealth loves Burpees below and stick around the catch our favorite variations of this fat burning powerhouse of a workout plan!

BUILD MUSCLE MASS FAST...

A burpee is a full bodybuilding exercise wherein every rep; you work your...

- **ARMS**
- **CHEST**
- **QUADS**
- **GLUTES**
- **HAMSTRINGS**
- **ABDOMINAL MUSCLES**

PERFECT FOR CONDITIONING...

Did you know burpees are fully embraced as one of the hardest of workouts? Why? Simple they're great for developing conditioning and endurance, they get your heart rate up, fast and are a fantastic way to get in shape quickly.

PORTABLE & REQUIRE NO EQUIPMENT...

Burpees require absolutely no equipment, what more needs to be said? You can harness all these benefits in only sixty seconds and without any expensive equipment!

ADJUSTABLE TO ALMOST ANY WORKOUT...

PureHealth loves how no matter where you are in the world, and no matter what workout plan you want to follow, you can capture the power of a burpee.

THE DISTINCTIONS BETWEEN BURPEES

Burpees workout multiple muscles and utilize so many forms we already covered! Including... SQUATS, PLANKS & PUSH-UPS. Making them great as an exercise exclusively themselves! Give Pure Health's favorite burpees belt and by knocking out **at least 2-3 in 60-seconds!**



PUSH-UP BURPEE

1. Begin with a classic burpee starting with your feet hip-width apart and your arms down at your sides.
2. Next, drop into a squat position as you place your palms to the ground and about a foot in front of your feet.
3. Thirdly, shoot your feet out behind. (You should find yourself balanced on your hands & toes in a plank position, with shoulders directly over your wrists.)
4. Then, complete one full push-up. (See push-up section for notes on proper form.)
5. Jump and get your feet out forwards, so you enter a low squat.
6. Jump straight up, exploding from your heels, and bring your hands way over your head.
7. Land in the neutral starting position.

STAR JUMP BURPEE

DEVELOPS & STRETCHES OUT YOUR CHEST, ARM, AND LEG MUSCLES

1. Do a standard burpee (Refer to Push-Up Burpee)
2. After being in the plank position hop back on your feet.
3. Then, step it up a notch and feel free by jumping straight up. (Make sure you create enough power to form star position mid-air.)
4. Land in the neutral starting position & repeat.



SUPERMAN BURPEE

PERFECT FOR INCORPORATING MULTIPLE MUSCLES INCLUDING YOUR HAMSTRINGS, QUADS & ABDOMINALS

1. Perform a standard burpee (Refer to Push-Up Burpee) lowering your chest down to the floor after a standard plank position.
2. Make sure your chest is on the ground as you take your hands off the ground and move them quickly in front of your shoulders.
3. Bring your hands under your shoulders and press upwards into another plank position.
4. Next, shoot your feet forwards, so you are in a low squat.
5. Jump through your heels and bring your hands above your head.
6. Land in the neutral starting position.



SIDE BURPEE

A VARIATION USED TO IMPROVE FLEXIBILITY, BUILD YOUR DELTOIDS & DEVELOP YOUR ABS!

1. Switch it up by lowering yourself into a squat position.
2. Then, place your hands on the floor, leaving about a foot in front of your feet.
3. Next, jump diagonally to the left, so you're balanced on your hands and your toes. (Place your shoulders directly over your hands.)
4. Get your feet back under your body and enter a low squat position.
5. Then, boost into the air and raise your hands over your head.

BOX BURPEE

USES YOUR LEG & CALVE MUSCLES TO QUICKLY BURN FAT & BUILD DEFINING MUSCLE MASS

All you need for this workout is access to a sturdy step or ledge!

- First, stand with your feet hip-width apart while you leave your arms at your sides.
- Next, perform a regular burpee (Refer to Push-Up Burpee) until you've reached a low squat.
- Then, perform a box jump. With your knees slightly bent, hop up on your sturdy surface.

Are you wondering how you exercise a box step? PureHealth is glad you asked...

8. THE BODYBUILDING BENEFITS OF BOX JUMPS

Box jumps are amazing at increasing the size and strength of your legs! After all, box jumps take a whole lot of strength & engage almost every muscle in your legs.

Box jumps are perfect for engaging your...

- **CALVES**
- **QUADS**
- **HAMSTRINGS**
- **GLUTES**
- **EVERYTHING IN-BETWEEN YOUR CORE**

You will unquestionably notice your legs getting significantly stronger in no time when you add box jumps to your workout routine. Not to mention...



A STRONGER CORE & POWERFUL ARMS

While box jumps focus on your legs, your arms have to swing forward to give yourself enough momentum to propel yourself up onto that box. This will result in slowly developing bigger and stronger arm muscles.

Box jumps also engage your lower back and your core, when executed properly. A box jump will clench your stomach muscles prior to your jump, and when released, will result in stronger abdominal muscles & a more stable core.

PERFECT POSTURE

The stronger core caused from constant box jumps helps build stronger stomach and back muscles, which will, indubitably improve your posture, and help your digestive system.

PEAK PHYSICAL PERFORMANCE

Box jumps will increase your physical performance by increasing your balancing capabilities. When you have excellent balance, you will be able to perform and exercise to your full potential, which is beneficial for a wide variety of obvious reasons.

CARDIO BENEFITS & BETTER ENDURANCE

Doing box jumps are amazing for regains cardiovascular and overall heart health. You see, box jumps train both your heart and lungs to become stronger and more efficient. This heart training will pump healthy blood all around your body, especially to your muscles! Boost blood flow even further with natural support of **NANO POWERED OMEGA-3** by PureHealth Research!

[LEARN MORE >>](#)



BOX JUMPS STYLES

Practice the following box jump techniques at home and remember PureHealth will know if you are slacking! Try to do at least 2 Box Jumps in 60 seconds in an area with an elevated ledge or surface. (For this reason, prepare the following box jump work out accordingly!)

COUNTERMOVEMENT BOX JUMP

1. Start in their standing position, with your hands straight overhead.
2. The countermovement involves throwing your hands down and back, towards your heels while you simultaneously lower your hamstrings and hips as going into a squat.
3. Once they reach this part, you want to focus on rapidly changing and jumping in the opposite direction.

(The idea here is for you to minimize the delay the countermovement and your jump as possible, this helps regulate and control blood pressure and quickly builds arm and leg mass!)

STATIC BOX JUMP

1. Perform this box jump, start in the squatted position, and stop for a few seconds.
2. Then, leap onto a box and land in a 1/2 squat.

(Static box jumps increase your lower body with minimal a stretch reflex. In doing so, you contract your quadriceps and glutes with more force and pressure, building muscle faster.)

SEATED BOX JUMP

Seat yourself on your box and swing your arms propel to another equal height surface.

NOTE* Just make sure you minimize any rocking to gain as much momentum as possible.
(Seated box jumps significantly increase the power of the quadriceps and glutes.)

DEPTH DROP

1. Begin by bending your knees & placing your arms out forward.
2. Next, step off your surface and explode upwards.
3. Step back and repeat.

(Depth drops reinforce proper landing mechanics and build a stronger foundation for jumping. Not to mention are great at increasing eccentric control and coordination of the hamstring muscles.)

HURDLE HOPS TO BROAD JUMP

1. Start by setting up three equal height hurdles in addition to your starting surface and an additional final surface to safely land on.
 2. Then, in an athletic stance and hop over a placed hurdle using quick movements in your arms and feet
 3. Continue the same technique for hurdles 2 & 3
 4. Explode onto your box using full arm extension & step down to the second box
- (A hurdle hop increases the rate of force production and ground reaction force, which is key for great for rebuilding elasticity in muscles.)*

BONUS TIP! Try alternating box jumps with burpees for an extreme fat burning workout!



9. GET BACK YOUR PHYSIQUE W/ QUICK KICK BACKS

Think about all the kickback movements you may make every day... It only makes sense mastering this form will help your health! To perform a standard kickback, stand on one foot and extend one leg behind you. This will extend your hips, which is a primary movement of your glutes. Build a better-looking backside and get a body ready for running, swimming, or any other sports where you need proper hip extension. On top of the standard kick back, here are two more of PureHealth's favorite...



TWO EASY KICKBACK VARIATIONS

1. **DONKEY KICK:** *(DEVELOPS AN AMAZING CORE & BACKSIDE IN 60-SECONDS)*

Enter the starting position by getting down on all fours with your...

1. **KNEES KEPT HIP-WIDTH APART...**
2. **HANDS PLACED UNDER YOUR SHOULDERS...**
3. **AND NECK & SPINE RELAXED!**

Once in the proper form...

1. Brace your core as you lift your right leg. Keep your knee bent as your foot stays flat.
2. Use your butt muscles and press your foot toward the ceiling & squeeze once at the top.
3. As you ensure your pelvis hip stay pointed toward the ground, return to your initial starting position.



2. KNEELING KICKBACKS *(BURNS BELLY FAT & RIDES FAT AROUND YOUR THIGHS)*

1. Get down on your arms and legs.
2. Align your wrists under your shoulders as you place your knees under your hips.
3. Extend your right leg back and up until your thigh is parallel with the ground. Make sure you keep your spine straight!)
4. Keep the angle of your knee, but at the same time make sure the sole of your right foot continues to face the ceiling.
5. Hold your butt muscles once it reaches the top for a second or two.
6. Then, get back into the starting position as you make sure to avoid touching your knee to the ground.



REMEMBER! Make sure your surroundings are clear of babies, pets, or anything you might hit during your full leg extension.

Also! Make sure you build each leg evenly! PureHealth suggests working out each leg with a 60-second rep with at least 15 kicks per minute!

10. RECLAIM YOUR CORE QUICK W/ CRUNCHES

Crunches are one of PureHealth's main go-to a core working exercises! We love them because they infamously build your abs, improve your muscle strength, and significantly raise your flexibility to help give you a rock solid core. While some people fail to see the true potential of crunches, PureHealth believes it is because they fail to execute the proper crunch position! Discover more about how your crunch form can genuinely influence your workout below!



UNCOVER HOW TO DO A PROPER CRUNCH WAY BEFORE YOU DROP TO THE FLOOR

FIRST...

Lie down on your back and bend your knees and plant your feet on the floor at a comfortable distance from your butt muscles.

SECOND...

Use your hands to cradle your head as you keep your elbows away from your ears.

THEN...

Bring your stomach inward towards your spine as you lift your head, neck, and shoulders off the floor.

LASTLY...

Once in an upright position, take a break to inhale as you lower your body back down to the floor.

YOU HAVE THE PROPER CRUNCH FORM! NOW PUT IT TO USE!

THE BASIC CRUNCH:

Follow the basic form above and lay flat on your back, bending your knees with your hands behind your head. Pull your body up to meet your pelvis using your shoulders and your core to propel you forward.



REVERSE CRUNCH:

(TARGETS ABS & DEVELOPS COORDINATION & IMPROVES POSTURE.)

1. Lay flat on your back with your legs in the usual 90-degree angle.
2. Place both hands faced up on the floor and either side of your body.
3. Pull your legs up and towards the ceiling while bringing your knees towards your chest.
4. Hold, then return to the start position.



VERTICAL LEG CRUNCH:

(BUILDS YOUR CORE TO HELP WITH SWIMMING, WALKING, BIKING, ETC.)

1. Lay flat your back with your arms straight.
2. Lift your leg together with your heels' facing the ceiling. (Make sure they are directly above your hips.)
3. Raise your arms so you can almost touch your feet with your fingers. (Your torso will look almost like a U shape.)



LONG ARM CRUNCHES:

(QUICKLY TONED YOUR BELLY BY FOCUSING ON YOUR CORE AND UPPER BODY STRENGTH.)

1. Lie flat on your back with your knees propped up.
2. Clasp your arms above your head and use your core muscles and lift your upper body.

BICYCLE CRUNCH:

(ESSENTIAL FOR KEEPING YOUR BALANCE, POSTURE, AND CORE STRONG AS YOU AGE.)

1. Lay flat on your back with your hands behind your head.
2. Lift your knees off the floor towards your chest.
3. Rotate to the right and meet the left knee with your right elbow as you extend your right leg straight out.
4. Repeat on the opposite side by trying to meet the right knee with the left elbow.



DOUBLE CRUNCHES: (A combination of your basic crunch and reverse crunch too rapidly engage and build all your core muscles.)

1. Lie on your back with your knees at a 90-degree angle and hands behind your head.
2. Lift up your hips off the floor like in a crunch and lift up the shoulder blades off the floor like in a basic crunch.
3. Squeeze your core to control your position and return back to the start position.

THE BEST PART OF A 60-SECOND CRUNCH REPS...?

You can drop to the floor at any moment to knock out a quick one minute rep! You now know the proper crunch form, so put it to the test with a 60-second crunch rep whenever you need a quick burst of energy! Whether it be to alleviate signs of a mid-day crash or to fuel a workout, crunches are perfect at any time!

Try and knock out at least 15-20 crunches in a full sixty seconds, but remember never to push your abs too far to avoid internal damage!

MAXIMIZING THE FULL POTENTIAL OF YOUR WORKOUT

PureHealth wants to make sure you have everything you need to get the body you desire fast! Before you go here are

5 Quick Weight Loss Bonus Tips!!!



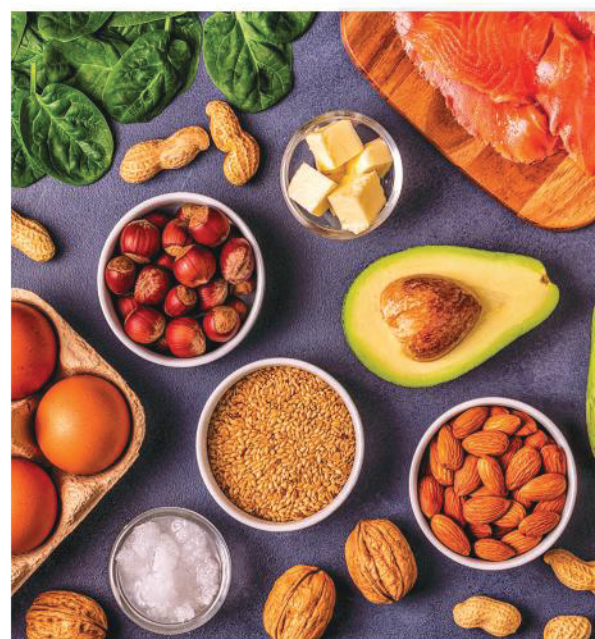
1. BUILD MUSCLE FAST USING PURE BONE BROTH

Why should you consume bone broth daily? Bone Broth...

1. Heals and soothes your gut of painful inflammation.
2. Protects your joints & ligaments to keep you moving no matter what age!
3. Restores signs of premature aging making you look younger w/ collagen
5. Supports a secure & stable immune system to keep your workout routine on point!
6. Increases bone strength naturally to keep you ready for action!

2. KEEP KETOSIS FUELED & EAT SLOWLY TO BOOST YOUR METABOLISM

Did you know when you eat sugary foods that cause dangerous glucose and sugar spikes you are endangering your health and throwing your body way out of ketosis? Ketosis is the process your body goes through to create its own natural energy called ketones! Ketone production becomes disrupted when your hormones go into whack when your body notices toxic food. The problem escalates when you fail to chew bread, pasta, and candy fully, which will cause your metabolism and hormones to be out of sync even longer!



P.S. Remember, insulin spikes from these foods will kill your energy. Continue to balance your blood sugar using your recently obtained GLUCO TYPE II: **BLOOD SUGAR FORMULA** by PureHealth while supplies last!



3. BE AWARE OF FATAL FUNGUS IN YOUR MIDSECTION

Do you often feel bloated or extremely gassy after a meal? It's a sad fact to realize that millions of Americans right now, are suffering from fatal fungus infections, which are destroying their organs and slowing them down without them even realizing! Stop this fatal; fungus from plaguing your body before it's too late by cleaning your system with **FUNGUS ELIMINATOR** a natural blend designed by PureHealth Research to help detox deadly candida infections caused by years of unhealthy eating habits.



[LEARN MORE >>](#)

4. WHY CONSUMING CAFFEINE CAN BE BENEFICIAL

Did you know after you consume caffeine, it is absorbed from the stomach to your bloodstream in 1-2 hours. Coffee and tea benefit you before a workout because most of your tissues actually absorb caffeine, which will help give you extra energy during exercises.



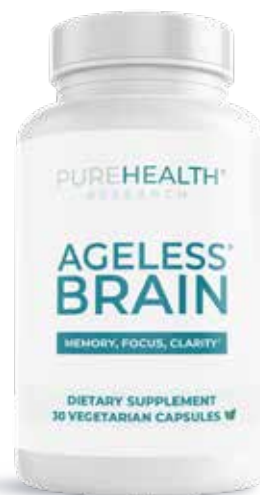
5. FOCUS ON RESTORING MENTAL CLARITY & REGULAR SLEEP

Exercise helps memory and thinking by reducing insulin resistance, reducing inflammation, and stimulating the release of chemicals in the brain, which aids the health of brain cells and sparks the growth of blood vessels. Stop signs and symptoms of mental decline with **AGELESS BRAIN** by PureHealth Research and have the most focus possible during your workouts!

[LEARN MORE >>](#)

Indirectly, exercise will, without a doubt improve your mood and sleep. This, in turn, will reduce stress and anxiety. Conditions, which contribute to cognitive impairment if not prevented! If you are having trouble sleeping, get your circadian rhyme back on track with the help of **SLEEP FORMULA** from PureHealth Research.

[LEARN MORE >>](#)



THANK YOU FROM

PUREHEALTH RESEARCH

& THE IMPORTANCE OF BALANCING EXERCISE TYPES

PUREHEALTH understands how your body adapts after performing a repeated exercise. While this means your body is almost in peak physical form in this particular area, it is also meaning that you are losing far fewer calories than you were when you first started said exercise.

Thank you for caring about your health to read this entire guide. Before we finally say good-bye, the last thing the PureHealth team wants to do is challenge you to try something new! Get out there and try a brand-new exercise you never experienced before! Why? You know we are ready to tell you! As a sign-off, discover why swapping exercises routinely is vital to your health!

BUILD NEW MUSCLES: Did you ever notice how professional athletes focus build specific muscles. Their bodies can sometimes look disproportionate because they only focus on the parts of their body, which are required. While working out is healthy, PureHealth suggest you approach the situation a little differently by focusing on your entire body!

KEEP YOUR BRAIN ACTIVE & HEALTHY: Exercise is essential for protecting your brain and preventing memory loss. Learning new exercise boosts brain health because you have to focus on memorizing certain patterns as you build your body.

PureHealth suggests choosing activities and exercises you know will engage your full attention for the best results and the most fun!

**LOWER RISK FOR DIABETES
HIGH CHOLESTEROL
HYPERTENSION (HIGH BLOOD PRESSURE)
STROKE**

All of which will permanently damage your health and impair your memory.

GET EXCITED ABOUT EXERCISING AGAIN: It is always vital to acknowledge when you push your body too far, and you never want to resent your work out routine, so give yourself a break whenever you need! Just remember to push yourself back up on the wagon when you are ready and continue to look out for the latest and greatest health news from **PUREHEALTH RESEARCH!**

THERE YOU HAVE IT, HEALTH WARRIOR!



Ten favorite midsection workouts from PureHealth Research you can accomplish almost anywhere you feel the most comfortable and in only sixty seconds! There is no reason not to get up off the couch during your favorite television program and build your core!

The variations and workouts in this guide are your tools to getting back to the basics in case you ever want to take a long hike, need upper arm strength to hold grand-kids, or want to enjoy the hobbies and activities you love as you age.

NOW... Stop sitting around and set your phone's stopwatch because the figure of your dreams has never been more accessible or more obtainable in your entire adult life!

ACTIVATING NATURE'S CODE OF HEALTH

We at **PureHealth Research** are a growing group of skilled experts, innovative, and talented people with one goal – to help people **reclaim the control of their own health**. Each has seen friends and loved ones struck by illness or disease, which makes our vision personal.

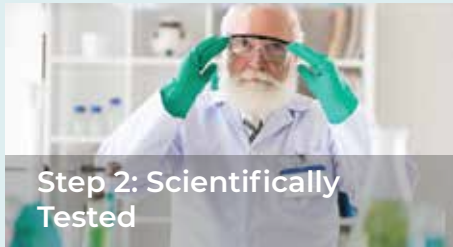


Our mission is to **improve your overall health with superior quality therapeutic nutraceuticals** scientifically proven effective by research.

OUR PROCESS

INTEGRITY – FLAWLESS EXECUTION – RESPONSIBILITY

PureHealth Research develops scientifically proven products that **help you achieve the pure, healthy lifestyle you deserve**. We only use natural ingredients you trust and put them through a 5-Stage Research and Testing Process, so they become “PureHealth Approved & Certified!” Here’s how it works:



We believe in our products, we use our products, and every step of our manufacturing and development process was created to ensure we deliver only the highest quality formulas for your body day in and day out. **After all, that's what you deserve, and we're here to help give it to you with every product we produce.**

Learn more about PureHealth Research products

VISIT PUREHEALTH® SHOP
RESEARCH

Thin In 60-Seconds

by

PUREHEALTH®
RESEARCH