

4 minute muscle jim stoppanis brutal full body workout

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4-Minute Muscle: Jim Stoppani's Brutal Full-Body Workout

Jim Stoppani, renowned fitness guru and creator of the 4-Minute Muscle program, presents a challenging full-body workout that will push your limits and maximize results. Here's an overview of this grueling but effective routine.

What is 4-Minute Muscle?

4-Minute Muscle is a high-intensity interval training (HIIT) program that combines strength training with cardiovascular conditioning. Each workout involves alternating between 4-minute bursts of intense exercise and 3-minute rest periods. The program is designed to build muscle, burn fat, and improve cardiovascular health in just a matter of minutes per day.

How Does the 4-Minute Muscle Workout Work?

The 4-Minute Muscle workout is based on the principle of supersets. During each 4-minute interval, you perform two exercises back-to-back with no rest in between. This creates a metabolic burn that forces your body to adapt and grow stronger. The alternating rest and exercise periods give your muscles enough time to recover before the next set.

What Exercises Are Included in the 4-Minute Muscle Workout?

The 4-Minute Muscle workout includes a variety of compound exercises that target all major muscle groups. Some of the most common exercises include:

- Barbell squats
- Push-ups
- Dumbbell rows
- Lunges
- Calf raises

Stoppani recommends choosing 4-6 exercises per workout and performing 10-12 repetitions of each exercise.

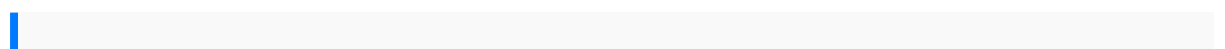
How Often Should You Do the 4-Minute Muscle Workout?

For optimal results, Stoppani recommends performing the 4-Minute Muscle workout 3-4 times per week. It's important to listen to your body and rest when necessary. You can also adjust the weight or number of repetitions as you get stronger.

Benefits of the 4-Minute Muscle Workout

The 4-Minute Muscle workout offers numerous benefits, including:

- Builds muscle and burns fat
- Improves cardiovascular health
- Saves time and is convenient
- Increases strength and endurance
- Boosts metabolism



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