



# Rapid Fitness: Elevate Your Fitness to New Heights in Minutes

*Zen Martinoli*

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# Rapid Fitness: Elevate Your Fitness to New Heights in Minutes

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**Rapid Fitness: Elevate Your Fitness to New Heights in Minutes** Zen Martinoli  
**Promote lean muscle growth, shed fat, and unlock the door to increased speed, stability, power, endurance, and core strength with these short, highly effective exercises**

Following on his first book, *5 Minute Fitness*, boxing and fitness trainer Zen Martinoli has produced an exciting book for those already accustomed to exercise. *Rapid Fitness* provides highly effective, bodyweight only, compact workouts designed for recreational exercisers and sportspeople alike. These routines can be employed anywhere, anytime without the use of equipment—perfect for someone with a busy lifestyle. Improve your explosive strength, vertical and horizontal jumping power, acceleration or even deceleration ability with one of many, specifically tailored rapid workouts. These convenient rapid workouts can be added to enhance your existing regime or as a standalone program in themselves. And with no need to spend long hours in the gym, there is no excuse not to convert minimal time into maximum benefit in order to take your game to the next level.

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