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Photography by Geoffrey Barry

Build a dynamic beautiful body with exercise

Come on! Whatever your age it is time to get in excellent shape. Rev up your workout with exercises that encompass it all: fun, quick results, burn calories, boost energy level and fit into a tight schedule. I recommend two dynamic exercises that you can use to achieve rapid results and both can be adapted into demanding and complicated lives — BY CHRISTOPHER CLARKE

These exercises will satisfy your every need and even slash your workout time in half. Highly effective, they offer a 1-2 combination to a great fitness program and an awesome body. Synergy and swimming offer different overall benefits that when combined will give you a well rounded workout routine.

Synergy: two exercises combined into one to produce greater result.

To make your strength training more efficient, you simply execute one followed by the other; e.g. stationary

lunge combined with a bicep curl. Combine exercises such as squat and a shoulder press or a lunge and a triceps kickback. This type of exercise incorporates multiple muscle groups and enhances strength and endurance, causing rapid overload that stimulate powerful muscle building. It is a great way to address that stubborn plateau and increase your overall strength.

Additionally, synergized exercise boosts your metabolic rate to new heights and kicks your body into overdrive, actively burning calories even after your workout is complete. These exercises have brain stimulating effects

“Tones and burns fat to rip your body and give you those chiseled abs.”

that are guaranteed to boost your mood and increase your energy level.

Synergized exercises are convenient in that, they can be executed with light weights at home, in a hotel room, or even on the beach while you take a break from soaking up the sun. And since synergy is a combination workout you reduce your workout time into one explosive rewarding exercise.

Swimming: one of the most effective and rewarding exercises for people of all ages.

Remember when you were a child having fun in the pool or in the water at the beach? Today, those experiences are just as fun. Swimming gives your body a complete aerobic workout and is one of the most effective and rewarding exercise for people of all ages. With each hand and leg movement, you are exercising multiple muscle groups including your heart. Swimming improves strength, endurance, flexibility, circulation, and lung capacity. It tones and burns fat to rip your body and give you those chiseled abs. Swimming is a low impact exercise that helps avoid risk of damage to joints and muscles. So why roll out of bed with knee pain to go jogging, when you can get the same result with less risk doing laps in the pool or having fun in the water while you soak up sun on the beach? - **HW**

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