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We're going for full body recomp, so on your cardio days go after a solid 30-60-90 interval training routine. Pick your own, and follow this formula:

Warm-Up: 3 minutes Work: 75 seconds Recovery: 2.5 minutes Number of Intervals: 8 Cooldown: 2 minutes. Phase 2, Week 5. Workout A: Lower Body

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What Is The Ultimate Body Transformation? The Ultimate Body Transformation (UBT) is New Zealand's Premium Body Transformation program. We have helped coach hundreds of New Zealander's to achieve amazing results changing their body and life in only 10 weeks. UBT is the fastest way to change your current body into the body you have always wanted.

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This body transformation course is completely FREE. You're one step away from getting our definitive guide to food and fitness, sleep and stress management, for transforming your body and your life. Simply enter your name and email address and we'll send it over right away.

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