

# WHY SHOULD YOU DO GIRONDA STRENGTH TRAINING



8 sets of 8 is a high volume, fast tempo, size building workout. It is not designed for strength development – it's purely for bodybuilding or "cosmetic" improvements. 8 sets of 8 will also help you get leaner.

The short rest intervals stress the cardiovascular system to the point where calories are burned, the metabolism is stimulated, hormones are stirred up and fat is melted away.

Here's how it works: You will select three or four exercises per muscle group and perform 8 sets of 8 on each exercise. That's 24 to 32 sets per body part. You will work two or three muscle groups per session and rest only 15 to 30 seconds between sets.

## WHAT ARE THE BENEFITS?

- Improve cardiovascular performance
- Promote a lean body
- Can be time efficient
- Boosts mood and mental health
- Can promote weight loss
- Good for motivation
- Effective for burning calories and building size