

**The 30-Second Body: Eat Clean. Train
Dirty. Live Hard.**

By Adam Rosante



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<http://www.delawareonline.com/story/news/health/2015/04/17/diet-season-upon-us-new-books/25953369/>

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<http://www.joytutela.com/30-second-body/>

Fitness expert Adam Rosante works us out with pointers from his new book, Eat Clean, Train Dirty and Live Hard.

<http://www.krmq.com/videos/news/30-second-body-challenge-work-out/vDLpht/>

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minute workout regimen at Lifetime Fitness clubs to shape up Second Body: Eat Clean. Train Dirty. Live Hard. C9 Champion ambassador Adam Rosante will

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The 30-Second Body: Eat Clean. Train Dirty. Live Hard Adam Rosante, Author. DETAILS. Adam Rosante. Ballantine, \$17 (192p) ISBN 978-0-8041-7920-1 Reviewed on: 12/01 <http://www.publishersweekly.com/978-0-8041-7920-1>

(author of "The 30-Second Body: Eat Clean. Train Dirty. Live Hard."), with Target's C9 Champion ambassador Adam Rosante will be as Adam says, push them to <http://www.broadwayworld.com/bwwfitness/article/Life-Time-Fitness-and-Target-Launch-Exclusive-C9-Challenge-Group-Fitness-Class-20150416>

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