

## Can You Survive Adam Rosante's 60-Second Workout\_ - YouTube

*Adam Rosante stands in front of a light background. Beside him, a banner features the orange and grey C9 by Champion logo and a white Target Bullseye logo.*

ADAM ROSANTE: I'm Adam Rosante, and I'm a Brand Ambassador for C9 by Champion.

ON SCREEN TEXT: Adam Rosante  
C9 by Champion Brand Ambassador

*Rosante smiles, gesturing with his hands as he speaks.*

ADAM ROSANTE: The workout I have for you right now is only 60 seconds. The number one excuse that I hear from people all the time is, "Adam, I just don't have time to work out." In one minute, I'm going to dispel that. This is going to target every muscle in your body from head to toe. We're gonna do four different body weight moves back-to-back for 15 seconds each.

*Fade through white. Adam wears a white cap and stands on a completely white background.*

ADAM ROSANTE: In 60 seconds, you are gonna be torched head to toe, so let's do this.

*Upbeat music plays. Cut to Adam in position to begin the workout demonstration. An inset video in the bottom left corner features Adam gesturing expressively as he explains the workout.*

ADAM ROSANTE: First move we're gonna start off with: high-knee jump rope.

ON SCREEN TEXT: :60  
high knee jump rope

*A timer with 60 seconds appears in the top left corner and begins to count down. Adam begins to workout. He moves his knees up and down swiftly as he grasps at air his fingers, as if he were jumping rope.*

ADAM ROSANTE: So you're gonna stand with your feet about hip width apart, chest open, shoulders down the back, and I want you to imagine that you have a nice, light jump rope in your hand.

*The timer continues to count down as Adam performs the high-knee jump rope exercise. The inset video fades, then reappears to start describing the next move.*

ADAM ROSANTE: Next move, taking it right into a power thrust. This is a total-body move, absolutely excellent.

*As the clock hits 45 seconds, Adam transitions from the high-knee jump rope to a crouching position.*

ADAM ROSANTE: You're gonna crouch down, place your hands on the floor directly under your shoulder...

ON SCREEN TEXT: :45  
power thrust

*The inset video of Adam fades as he explains the Power Thrust. From his crouching position, he places his hands on the floor and springs his entire body into crouching jump. He comes back down on the floor into a crouching position again.*

% %: He then places his hands directly under his shoulders, shoots his legs out behind him, and springs his legs back into a crouching position, and continues the motions repeatedly.

ADAM ROSANTE: Shoot your feet back to the top of a push-up position, shoot your feet under, and then explode straight up, drive the knees to the palms, land softly, come right back down, do it again.

*As the timer hits 30 seconds, Adam moves into a new position. He lays on the ground, propped up by his feet and hands, with his back completely straight.*

ON SCREEN TEXT: :30  
tap up

ADAM ROSANTE: From here, we're gonna go right into a push-up variation. It's called a tap up.

*Adam begins to workout using a motion similar to a push-up. Before dropping back down to the ground, he taps one shoulder with the opposite hand per rep. He continues doing the tap ups.*

*The inset video of Adam reappears.*

ADAM ROSANTE: Wrists directly under the shoulders. You're gonna lower the chest to the floor, push up, tap the left shoulders with the right fingertips, push up, tap the right shoulder with the left fingertips. Keep alternating. Last move, three-point plankers.

*The shot of Adam in the bottom left corner fades again as he continues to commentate. Adam springs his legs up into a sideways crouch position as the timer hits 15 seconds.*

ON SCREEN TEXT: :15  
three-point  
plankers

ADAM ROSANTE: Take it into the top of that push-up position with those wrists directly under the shoulders.

*Adam swiftly springs his legs to the side in a crouching position and then flexes the legs back out into the push-up position. He repeats this motion, switching from right to left to center.*

ADAM ROSANTE: You're gonna hop the feet to the right of the hand, back to the left of the hands, back in between the hands, and back. Keep going as fast as you can. Keep that core nice and tight.

ON SCREEN TEXT: :0

*As the timer hits zero, Adam continues the three-point planks. Fade through white.*

*A close-up reveals a smiling Adam on a white background as he continues speaking to the viewer.*

ADAM ROSANTE: I hope you had fun with that 60-second workout. Like I said, it was simple, but it sure wasn't easy. Now, if you have more than 60 seconds, do that routine again for as much time as your schedule allows. I'll catch you next time.

*The Target Bullseye logo appears on a blurred background of Adam performing tap ups.*

ON SCREEN TEXT:       A BULLSEYE VIEW  
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