



The book was found

# Fast Exercise: The Simple Secret Of High Intensity Training: Get Fitter, Stronger And Better Toned In Just A Few Minutes A Day

DR MICHAEL MOSLEY  
WITH PETA BEE

Foreword by Prof. Justin Timmons  
Loughborough University

## fast exercise



FROM THE AUTHOR OF  
THE NO. 1 BESTSELLING  
**FAST DIET**

THE SIMPLE SECRET OF HIGH INTENSITY TRAINING:  
GET FITTER, STRONGER AND BETTER  
TONED IN JUST A FEW MINUTES A DAY



## Synopsis

Just as Dr Michael Mosley's Fast Diet - the original 5:2 - alerted the world to a healthy new way to lose weight, Fast Exercise turns conventional wisdom on its head when it comes to the workout . . . Can you really get the benefits of exercise in just a few minutes a day? Michael Mosley and Peta Bee investigate the science behind a radically different approach to exercise - one that is incredibly time efficient. Research has shown the extraordinary impact that ultra-short bursts of HIT (high intensity training) can have, whatever your age or level of fitness. In Fast Exercise, Michael Mosley, a self-confessed sloth, teams up with super-fit health journalist Peta Bee to dispel common exercise myths. They offer practical advice and a range of workouts that take just a few minutes a day and can be done any time, anywhere. Fast Exercise is for everyone: those who don't enjoy exercise but want to lose fat and stay healthy, those who love exercise and want to enhance their performance, and those who just want to understand the science behind it all.

## Book Information

File Size: 2605 KB

Print Length: 224 pages

Publisher: Short Books (December 19, 2013)

Publication Date: December 19, 2013

Language: English

ASIN: B00GTO0OK2

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #161,132 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #27

in [Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Quick](#)

[Workouts](#) #77 in [Kindle Store > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts](#)

#1283 in [Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets](#)

## Customer Reviews

Ever since I first saw Dr. Mosley's PBS program on the truth about exercise, I've been a fan. for the first time, many of the "Facts" about exercise are revealed to have o real science or medical

evidence behind them. In FatExercise you are given sound medical, and scientific background to how and why exercise works, and doesn't work for some of us. Then you are given a plan to work yourself to a degree of fitness that will not over train you and help you live a fitter, more enjoyable life. The book is a quick, easy read, the exercises neatly explained, and the guidelines clearly stated. This is a book that will change the way you see, and do your exercise.

Excellent reading for anyone considering intermittent fasting as a lifestyle. The material is easy to read, scientific information on different intermittent fasting protocols is described in simple language, and appropriate references are cited.

The book is a bit of a comedown from his original Fast Diet book. Very basic information available online stated in fewer pages.

Just what I wanted!

lots of useful information for me

Most of them are common sense. Should have some more training programme and research information and their sources. Easy to read though.

If you are still not going to exercise after reading this book you never ever will. Understand the science behind exercise and fitness and get inspired to live a healthier lifestyle.

Good book with info on the research into the exercise programs recommended.

[Download to continue reading...](#)

Fast Exercise: The simple secret of high intensity training: get fitter, stronger and better toned in just a few minutes a day  
Cycling: HIIT Bike Training!: Interval Training to Get Faster, Stronger, Fitter & Lose Weight  
Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3)  
No Gym Needed - Quick & Simple Workouts For Gals On The Go: Get A Toned Body In 30 Minutes Or Less! (Updated)  
Cross Training: 1,000 WOD's To Make

You Fitter, Faster, Stronger Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Daniel Fast: 50 Plant Based, Whole Foods Daniel Fast Recipes+Daniel Fast Food List And Breakthrough Secrets (Daniel Fast, Daniel Plan, Daniel Plan Cookbook, Whole Foods, Daniel Fast Cookbook) St. Peter's Basilica and St. Peter's Square in few hours, 2012, Travel Smart and on Budget, explore the most important Vatican monuments in just few hours ... Rodin Travel Guides - Travel Guidebook) High Fiber Recipes: 101 Quick and Easy High Fiber Recipes for Breakfast, Snacks, Side Dishes, Dinner and Dessert (high fiber cookbook, high fiber diet, high fiber recipes, high fiber cooking) Lightning Fast Piano Scales: A Proven Method to Get Fast Piano Scales in 5 Minutes a Day (Piano Lessons, Piano Exercises) Dog + Puppy Training Box Set: Dog Training: The Complete Dog Training Guide For A Happy, Obedient, Well Trained Dog & Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy house breaking, puppy housetraining, house training a puppy,) Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training) Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) HIIT - High Intensity Interval Training Explained High-Intensity Interval Training for Women: Burn More Fat in Less Time with HIIT Workouts You Can Do Anywhere Modern Art of High Intensity Training, The

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)