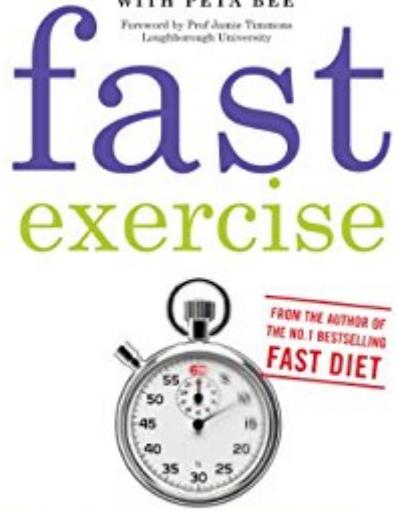


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Fast Exercise: The Simple Secret Of High Intensity Training: Get Fitter, Stronger And Better Toned In Just A Few Minutes A Day

DR MICHAEL MOSLEY
WITH PETA BEE

Foreword by Prof Jamie Timmons
Loughborough University



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 Books > 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 *FastExercise* 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 usual 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.

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