



The 12 Minute Weight-Loss Plan: High Intensity Interval Training + Smart Eating = Fast, Easy Weight Loss

By Michael Spira

Little, Brown Book Group, United Kingdom, 2015. Paperback. Book Condition: New. 234 x 153 mm. Language: English . Brand New Book. The 12-Minute Weight-Loss Plan takes High Intensity Interval Training (HIIT) and combines it with a straightforward, easy-to-stick-to eating plan that shows readers how it is possible to lose weight with a minimum of effort, no special equipment - not even a gym-membership - and with just 12 minutes exercise a week. Sounds too good to be true? It works, and it is supported with the latest cutting-edge scientific research. No counting calories, no wholesale avoidance of carbs, no fasting. It's genuinely easy to stick to. Contents include: * Why lengthy exercise routines aren't as effective as HIIT * The remarkable story behind HIIT * A simple HIIT programme to be followed three times a week * A dietary plan, including a two-week orientation phase followed by a continuation phase * The essence of the eating plan: smart carbs, smart fats, smart proteins. * Menus and lots of quick and tasty recipes * A review of the scientific research supporting the exercise programme HIIT has been building slowly over the past few years with gym instructors and personal...



READ ONLINE
[9.29 MB]

Reviews

I actually started looking over this publication. It really is rally interesting through studying period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dana Hintz

Good electronic book and valuable one. It really is basic but unexpected situations in the 50 percent in the pdf. You wont really feel monotony at at any moment of your time (that's what catalogues are for concerning when you ask me).

-- Elisa Reinger