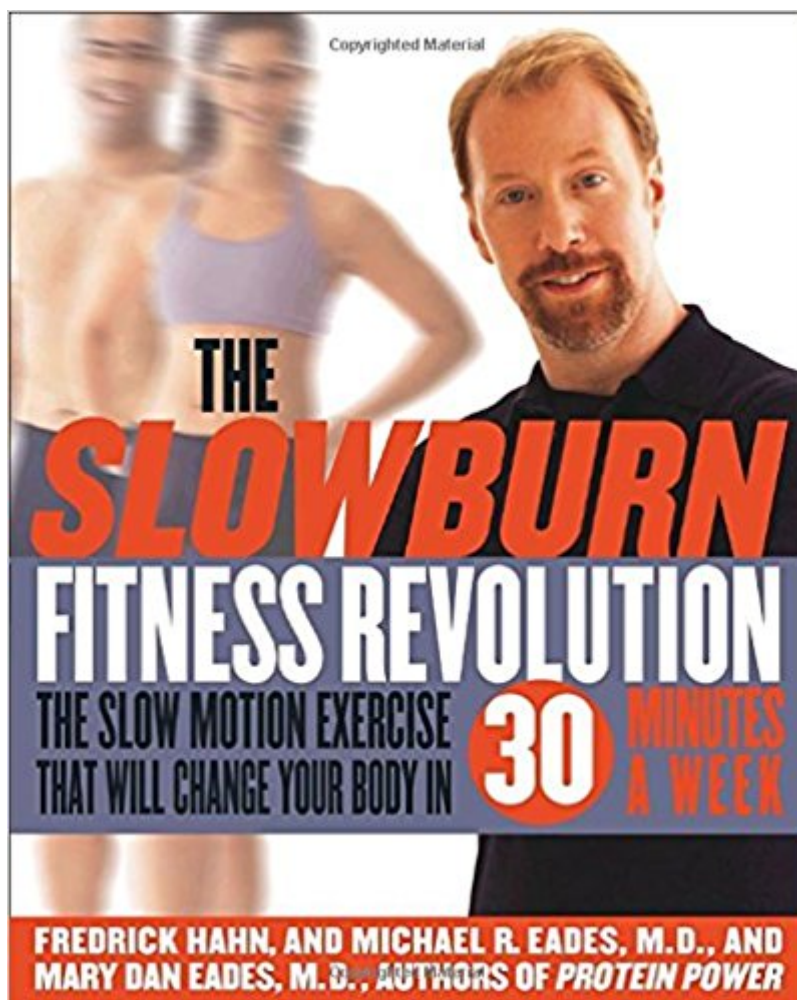


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The Slow Burn Fitness Revolution: The Slow Motion Exercise That Will Change Your Body In 30 Minutes A Week



Synopsis

Join the Slow Burn Fitness Revolution! In *The Slow Burn Fitness Revolution*, authors of the three-million-copy bestseller *Protein Power* team up with leading fitness expert Fred Hahn to revolutionize the way America gets strong, lean, and healthy. *The Slow Burn Fitness Revolution* lays out the accumulating body of scientific evidence that shows the spend-hours-in-the-gym approach to exercise is over. The Slow Burn exercise routine gives great results in just 30 minutes a week. With Slow Burn, you will:

- *Get strong fast
- *Increase bone density and ward off osteoporosis
- *Improve cardiovascular health
- *Enhance flexibility
- *Say goodbye to lower back pain
- *Increase your metabolism, and
- *Make your body a powerful fat-burning machine

Slow Burn promises a leaner, fitter, stronger you with a realistic workout that lets you have a great body and a life!

Book Information

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Average Customer Review: 4.1 out of 5 stars 232 customer reviews

Best Sellers Rank: #54,603 in Books (See Top 100 in Books) #16 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching](#) #22 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts](#) #60 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training](#)

Customer Reviews

Personal trainer Hahn and his physician co-writers, who previously authored the bestselling *Protein Power*, purport to have discovered the secret to strengthening heart and bones, enhancing flexibility, burning fat and improving athletic performance. This "revolutionary method of strength training that far exceeds the benefits of almost any other kind of exercise" is the Slow Burn—a "tough but short" workout consisting of measured lifting of heavy weights to the point of complete muscle exhaustion. For those with access to gym equipment, the weight should be "so heavy that for the first second or two you feel like you won't be able to budge it" (readers sans gym memberships work

with their body weight and a few small free weights). Before describing any Slow Burn exercises, however, the authors spend 70-odd pages trying to debunk most common assumptions regarding exercise and diet. Not all exercise is beneficial, they argue, and some exercise can be downright harmful (jogging, the authors insist, causes, "bad knees, damaged hips, and weak backs"). Similarly, the old dictate "eat less, exercise more" is not the simple weight loss solution it seems, and the book provides all sorts of evidence to explain why (the pages are liberally sprinkled with footnotes and scientific terminology). This book seems more like a good argument for strength training than it does a full-blown revolution, but the exercises are easy to follow and should improve fitness when practiced appropriately. Copyright 2002 Reed Business Information, Inc.

Fitness trainer Hahn joins with two doctors to help readers build muscles and burn calories by slowing down the weight-lifting workout. Copyright 2002 Reed Business Information, Inc.

I really liked the overall message contained in the book. I think the basic format of applying this revolutionary technique has a great deal of potential for anyone who will take the time to study the information and apply it. Dr. D.L. Morris

Effective program.

What Dr Atkins is to the diet world - "We've been doing it wrong", this book is to workouts. A friend had sent me the page on this book and at first I made the mistake of not reading all the reviews, only the first few, two were good, two negative. Then I saw the book in the bookstore. As a gym rat of many years, I've always wondered why competitive bodybuilders would hang out and just talk with the ladies while the ladies were on stairsteppers and stationary bikes. Read this book. You'll find out why. Two of the three authors are M.D.'s and there's a chapter in the book explaining how being fit and being healthy are two different things. Witness Jim Fixx, jogging author, who died at 52, while jogging, and witness Sir Winston Churchill, who lived over 40 years beyond Fixx's age, while being "obese, a smoker, overate, and drank with abandon." This testimony alone, on p 167, by a Lisa C. Feldman, sells the book: "In 1997 I met Fred Hahn who introduced me to Super Burn strength training. I cut out all aerobic exercise and did Slow Burn exclusively. After a couple of months I noticed subtle changes. People who hadn't seen me a while said I looked as though I had lost ten pounds. My body fat percentage is 4 percent lower than it was when I was doing hours a week of so-called "fat-burning" aerobics. I no longer have the kind of overuse injuries that many people my

age begin to complain about. I am in better overall condition at the age of forty eight than I was twenty years ago. I wish i had known then what I know now."Pretty convincing testimony. Not only does this book belong in your library, it may replace some -or all- of the workout books you have.

great easy to read book

The Book is encouraging, insightful, and provides a sense of improvement with the use of the slow burn exercizes.

Learned things I did not know about exercising! (which goes in hand with the Ideal Protein Diet I am on)

I think if I were a beginner into fitness I could be mis-directed with some of the exercise descriptions. He has certain names for exercises that some machines use alternate names... This is short sighted in my opinion for a fitness trainer. I just started on the system and am figuring out the workout. I do like the options of once a week instead of hitting the gym 3X per week, since I am getting older and my body is feeling the wear.

AWESOME BOOK! Great info on slow motion exercise along with appropriate set duration. This is a MUST have for anyone serious about exercise and getting in shape quickly and safely. Good info on eating as well!

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