



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...



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