



The Burst Workout: The Power of 10-Minute Interval Training

By Sean Foy M. A.

Workman Publishing. Paperback. Book Condition: New. Paperback. 260 pages. Dimensions: 0.0in. x 0.0in. x 0.0in. Here from Sean Foy exercise physiologist and coauthor of the million-copy bestseller The Daniel Plan is The Burst! Workout, a complete program for 10-minute interval and circuit workouts that can be done practically anywhere, anytime. Study after study proves the effectiveness of high-intensity interval training. Now, here's exactly how to do it: four minutes to raise the heart rate and metabolism; three minutes of resistance training to strengthen muscles and bones; two minutes of core movements for the abs and back; one minute of deep breathing and stretching (a vital component missing from other popular high-intensity circuit programs). The book features three four-week programs: Level 1, with no equipment required, perfect for the office (and fighting the sitting disease); Level 2, with minimal equipment; and Level 3, which brings interval training to the gym. The simple, scientifically devised exercises are illustrated with step-by-step photographs and are easy to master. The results are astonishing: The workouts boost metabolic rate, promote weight loss, target all the major muscle groups, increase cardiovascular endurance, have a positive effect on cholesterol levels and blood pressure, and deliver a sense of well-being. All in...



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