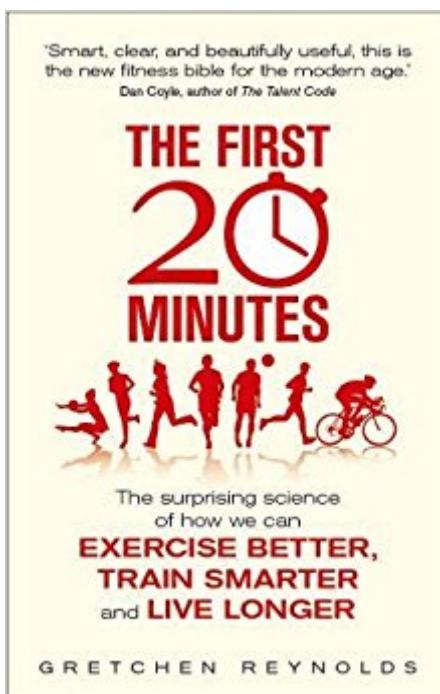


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The First 20 Minutes: The Surprising Science Of How We Can Exercise Better, Train Smarter And Live Longer



Synopsis

This Book is Brand new international softcover edition delivered within 7-12 working days via UPS/USPS/DHL and FEDEX.(FOR SALE ONLY U.S. & U.K.)

Book Information

Paperback

Publisher: Icon Books Ltd (2013)

Language: English

ISBN-10: 1848315023

ISBN-13: 978-1848315020

Product Dimensions: 5.3 x 1.2 x 8.5 inches

Shipping Weight: 12 ounces

Average Customer Review: 4.0 out of 5 stars 6 customer reviews

Best Sellers Rank: #651,477 in Books (See Top 100 in Books) #188 in Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts

Customer Reviews

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This is an easy fun quick read. If you are into fitness and exercise at want level there is a ton of good information in this book. I just hope there will be another book based on updated studies in the next few years

Very interesting book, some of the studies have surprising results. Loads of common training ideas are debunked in this book, like stretching and hydration, they might not be as important as we think, and it's very convincing as you read it. That said, I'm sure there are plenty of books here that prove the opposite to this book and are just as convincing while reading. But any excuse to stop stretching before and after training suits me.

Well written and fun to read. But lots of the advice in the book, probably reflecting the nature of most studies, is about competitive athletic performance for people under 35. Not so directly relevant for older people who are concerned with fitness for life rather than for competition.

It sums up the latest developments in the field of physiology of exercise in a lucid and articulate manner. It is motivational and provides general guidance as to the way an exercise regimen should be structured for the needs of the general public.

Some interesting points but not a very cohesive book and quite a hard read. Would be great if you are wanting a detailed review on some current research in the role of exercise in weightloss.

Not too many health books are fun to read. This one is and covers some topics not commonly elaborated on.

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