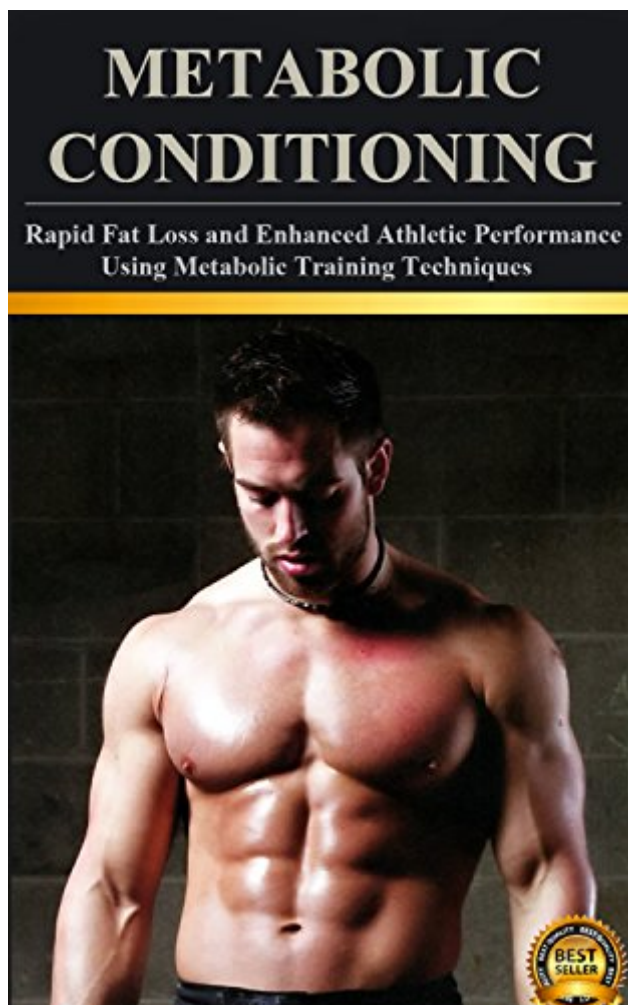


The book was found

Metabolic Conditioning: Rapid Fat Loss And Enhanced Athletic Performance Using Metabolic Training Techniques (Metabolic Conditioning And Rapid Weight Loss Book 1)





Synopsis

The Most Effective and Complete Guide to Metabolic Conditioning, Rapid Fat Loss, and Enhanced Athletic Performance

When it comes to radically improving body composition and enhancing athletic performance, one method stands above all others – Metabolic Conditioning. Metabolic conditioning targets all of the body's energy systems in the same workout by utilising a variety of principles and techniques. The result is heightened fat loss, enhanced athletic performance, greater cardiovascular efficiency, and a dramatic increase metabolic rate. Furthermore, the body's hormonal profile and hormonal optimisation is also greatly improved. In this book we are going to look at the most effective Metabolic Conditioning workouts and how to structure them for optimal results. We will start by examining the best methods for targeting each energy system, and then take each of these individual components and learn how to combine them in the best way possible. Make no mistake about it, these workouts are extremely demanding, more so than any other you are likely to encounter, but the results they produce are nothing short of spectacular. If you are willing to put in the hard work, then this is exactly what you are looking for. You Will Learn:

- 1) The Body's Main Energy Systems, How They Work, and How to Target Them
- 2) The Intensity Spectrum Correlation
- 3) System Synergies
- 4) The Most Effective Metabolic Workouts
- 5) How to Tailor Workouts to Enhance One Singular Aspect
- 6) Rapid Fat Loss Techniques
- 7) Increasing Time Under Tension and Forcing Muscle Growth
- 8) Much, Much, More!

Book Information

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Customer Reviews

Review Metabolic Conditioning: Rapid Fat Loss and Enhanced Athletic Performance Using Metabolic Training Techniques (Metabolic Conditioning and Rapid Weight Loss Book 1) [Kindle Edition] Jason Rook (Author)Ã¢ÂÂMetabolic ConditioningÃ¢ÂÂ by Jason Rook is a small book that well and competently explains the High Intensity Training technique. Jason starts with the three basic energy production systems in the body. With these Jason ventures into examples of the various exercises that challenge each. Then Jason develops an approach to using these in exercise to both lose weight and to gain in athletic performance. Ending with demonstrations of the tabata technique and basic instructions in how to apply tabata, Jason ends the book with sample workouts. The intent of the book is for the reader to develop his/her own workouts based on the principles presented. The book will make an individual able to develop workouts in line with the principles. The book is not technical, or medical, but very practical in its approach. Jargon is avoided. However, this is not a book for the beginner exerciser, as one must know and understand the exercise repertoire to follow the book and to insert a variety of exercises into the principles. For an fitness buff, this is an easy approach to a very complicated topic all too often presented with all the details and jargon.

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