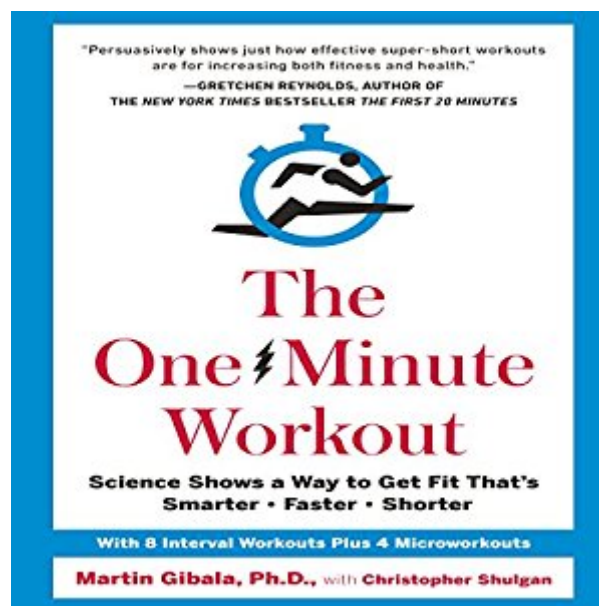




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# The One-Minute Workout: Science Shows A Way To Get Fit That's Smarter, Faster, Shorter



## Synopsis

Finally, the solution to the number-one reason we don't exercise: time. Everyone has one minute. A decade ago, Martin Gibala was a young researcher in the field of exercise physiology - with little time to exercise. That critical point in his career launched a passion for high-intensity interval training (HIIT), allowing him to stay in shape with just a few minutes of hard effort. It also prompted Gibala to conduct experiments that helped launch the exploding science of ultralow-volume exercise. Now that he's the worldwide guru of the science of time-efficient workouts, Gibala's first book answers the ultimate question: How low can you go? Gibala's fascinating quest for the answer makes exercise experts of us all. His work demonstrates that very short, intense bursts of exercise may be the most potent form of workout available. Gibala busts myths ("it's only for really fit people"), explains astonishing science ("intensity trumps duration"), lays out time-saving life hacks ("exercise snacking"), and describes the fascinating health-promoting value of HIIT (for preventing and reversing disease). Gibala's latest study found that sedentary people derived the fitness benefits of 150 minutes of traditional endurance training with an interval protocol that involved 80 percent less time and just three minutes of hard exercise per week. Including the eight best basic interval workouts as well as four micro-workouts customized for individual needs and preferences (you may not quite want to go all out every time), *The One-Minute Workout* solves the number-one reason we don't exercise: lack of time. Because everyone has one minute.

## Book Information

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## Customer Reviews

Before you read this you're thinking "one minute workout? Yeah right" and that's where the trouble starts. This book is about efficient exercise in as little time but it comes off as fadish. There are no one-minute exercises in this book, all workouts are 10-30mins long. This is a well-researched book by a respected authority on the subject of exercise and this book represents the benefits of HIIT (High intensity interval training). His stated goal is to make exercise available for everybody by making it easy and time I wish he had the same goals for this book as well. For example, this book doesn't explain what's the difference between aerobic and anaerobic exercise and jumps into which exercise uses which mode. He also has a confusing array of exercises and given the options you end up wondering where should you start or do. Even in exercise details, he starts with background and an image of what the interval looks like but near the end of each exercise he tells you who should do this and that's when you realize its core people above 60 or power athletes etc. this section should be first so you can understand if you need to read this or not. Even better it should just recommend what exercise you should follow if you're getting started and your or in an older demographic, or have access to a gym or if you're an athlete etc. The book makes the same point multiple times trying to prove again and again that HIIT works and gets very repetitive after the 5th study. We're sold on the book, what we need is to hear a simple "this is what I mean by efficient exercise and this is what we need to do" and we'll do it and the results is the proof that matters. My recommendation is to go through the exercises in this book, select one that suits you, you're probably well off skipping everything else.

Excellent book! If you want to read the latest research on Interval Training and get a bunch of workouts using it, this is the book you want.

This book's title is not to be taken too seriously. It's about doing high intensity exercise to do more efficient workouts. Whilst one could do a one minute workout (not including warm up or cool down) it's more about trying to make the most of the your gym time. I know the author wanted a punchy title but I wish it was something a little less appealing to the masses.

A clear and well written history and scientific explanation of the since of high intensity interval training followed by practical applications for all from young and fit athletes to older individuals who never exercise. It is very valuable to all.

Excellent up to date information and many helpful workout variations.

A quick and informative read into hi it training that anyone can do. If you are looking for motivation this will help

Excellent book! Has helped me substantially. I no longer need to spend hours in the gym each week.

This book will give you the patterns and the science behind them to get fit with out becoming a gym regular.

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