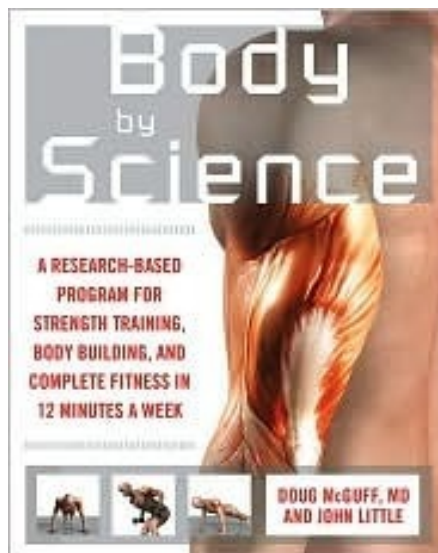




Body by Science: A Research Based Program to Get the Results You Want in 12 Minutes a Week (NTC Sports/Fitness)

Doug McGuff , John Little

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Building muscle has never been faster or easier than with this revolutionary once-a-week training program

In *Body By Science*, bodybuilding powerhouse John Little teams up with fitness medicine expert Dr. Doug McGuff to present a scientifically proven formula for maximizing muscle development in just 12 minutes a week. Backed by rigorous research, the authors prescribe a weekly high-intensity program for increasing strength, revving metabolism, and building muscle for a total fitness experience.

Body by Science: A Research Based Program to Get the Results You Want in 12 Minutes a Week (NTC Sports/Fitness) Details

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Chuck Claunch says

I grabbed this book after watching Doug McGuff's youtube video regarding medical proof of the paleo diet (seen here: <http://www.youtube.com/watch?v=2PdJFb...>). The book explains the medical science behind various types of workouts. The authors do a great job of going into extreme medical detail of how and why various workout techniques work or don't work. I found it refreshing for someone with a fitness plan to actually explain to me how things work and why their routine works best rather than just going off of the "conventional wisdom". If you don't really care about the gory details then this book probably isn't for you. They include the full regimen of workouts which is very simple and very short and sweet compared to the more conventional workout methods. Highly recommended for anyone like myself who needs to know both the hows and whys about fitness.

Ann says

This book makes a compelling case for working towards complete fitness with a 12-minute workout once a week.

Strong muscles prompt a strong body in every way and too much repetitive movement (running, cycling) is actually detrimental to your body over time.

This book turns everything that we have come to believe about health and fitness upside down.

Weight lifting is for everyone -- not for body building as we traditionally know it, but for building a healthier body. Seniors especially should read this, though I will admit that I skimmed some of the "technical science" portions.

Aaron Gertler says

What can I say? It worked for me.

This is not a book for sport-specific athletes or aspiring Olympic lifters. This is a book for people who want to build and/or maintain considerable muscle mass without spending very much time. In other words, this is a book for most people, especially older people.

I'll stay specific from now on. I am 22 years old. I weigh 180, bench 225, squat 275, deadlift 350 (with some variation around these numbers). I can do 20 strict chin-ups without stopping. I work out once every four or five days, for 20-25 minutes of actual lifting (and about the same amount of rest time), with some Tabata intervals thrown in once in a while for cardio. Most of the time, I'm either lifting 90 seconds to failure (as the book recommends) or lifting for 1-2 sets of 3-5 reps, followed by 90 seconds to failure.

From ages 17-20, I built up to my current level of strength by working out 3-4 times per week, with slightly

longer workouts. Since then, I've used the workout pattern described above to maintain that strength. My bench hasn't gone down in two years (and has gone up a bit). My body fat percentage hasn't really changed. I still sleep well at night, have a resting heart rate of 58 bpm, and have near-optimal blood pressure.

Admittedly, I don't power-clean as much I once did, and I don't see my main lifts increasing much unless I do something fancy. But I can see myself following my rough Body By Science protocol pretty much as-is for the next 20 years without losing strength. (I'm certainly lucky to be young, but I'd be happy to compensate for aging by working a bit harder and cleaning up my diet.)

* * * * *

Anyway, you don't really need to buy this book. Visiting the website and watching the YouTube videos of people working out with the method should suffice to get you started. I mostly bought BBS to support Dr. McGuff's work. It's the sort of book I'd give as a gift, or lend out to a friend.

What else can I say? The scientific bits are interesting. The writing is crisp, and the authors don't repeat themselves too often. The photos show people lifting heavy weights with questionable form: Ignore them.

Also, if you like this book or the ideas within, you might also like Tim Ferriss' The Four-Hour Body, and Martin Berkhan's essays on "Reverse Pyramid Training" (which have also been influential on helping me figure out my workouts).

Filip Ligmajer says

page 10 | location 145-151 | Added on Tuesday, 23 September 2014 22:14:46 People will see a group of champion swimmers and observe a certain appearance, or they'll see a group of professional bodybuilders and observe another appearance, and it seems logical to assume that there is something about what these athletes are doing in their training that has created the way they appear. However, this assumption is a misapplication of observational statistics. If you should ever attend a national AAU swim meet and sit through the whole day's competition, from the initial qualifiers to the finals, you would see these "swimmer's bodies" change dramatically over the course of the day. This speaks to the fact that it isn't the activity of swimming, per se, that produces this "type" of body; rather, a particular body type has emerged that is best suited for swimming. In other words, the genetic cream rises to the top through the selective pressure of competition. Competition, it can be said, is simply accelerated evolution.

page 36 | location 542-544 | Added on Wednesday, 24 September 2014 12:29:37 Cooper believed (falsely, as it happens) that the aerobic subsection of metabolism was the most important—more important, in fact, than the totality of metabolic pathways that contribute to human functioning and health. He maintained that this one subsegment of metabolism could and should be isolated and trained. His belief in this regard has since been shown to be without foundation.

page 45 | location 678-684 | Added on Thursday, 25 September 2014 19:32:26 When glucose levels are high and your glycogen stores are completely full, the phosphofructokinase enzyme (which is involved in the metabolism of glucose) gets inhibited. The glucose can now go only to the level of fructose-6-phosphate on the glycolysis cycle, at which point it gets shunted over to the pentose phosphate pathway, which will then convert the glucose, through a series of steps, to glyceraldehyde-3-phosphate (also known as triose phosphate or 3-phosphoglyceraldehyde and abbreviated G3P), which is a fat precursor. Several more metabolic steps are then taken, the end result of which is the production of an energy-bearing chemical called NADH, which is used to fuel fatty acid synthesis. Full glycogen stores, if coupled with elevated carbohydrate levels, actually stimulate the production of fatty acids, particularly in the liver, which drives up the amount of very low-density lipoprotein, because that is the first thing that is converted from glucose to fats.

page 58 | location 885-890 | Added on Thursday, 25 September 2014 22:36:45 In fact, what these designations indicate are the respective fatigue rates of these fibers: there are “slow-fatiguing,” “intermediate-fatiguing,” and “fast-fatiguing” fibers. Even though the force output from fast-twitch fibers is much greater than the force output from slow-twitch fibers, what you will observe on a molecular basis is that the twitch velocity of fast-twitch fibers is actually slower than it is with slow-twitch fibers. Moreover, not only is the twitch velocity slower in fast-twitch muscle fibers, but so is the rate of recovery. The more slowly a muscle fiber fatigues, the more quickly it recovers.

page 60 | location 914-917 | Added on Thursday, 25 September 2014 22:57:39 Consequently, when slow-twitch motor units are triggered, you’re going to be activating somewhere in the neighborhood of 1,000 of them. Fast-twitch motor units, by contrast, are much bigger (you have 10,000 fibers per motor unit), so that when you activate them, you’re going to activate only 50 or 100 of these motor units, because each one of their motor units is so big.

page 77 | location 1168-1171 | Added on Friday, 26 September 2014 23:23:15 The process of growing new muscle can be likened to the process of growing new skin after a burn or a cut. The injury is a stimulus to engage the body’s growth and repair mechanism to heal and repair damaged tissue. The next time you sustain an injury of this type, observe how long it takes your body to produce this new tissue.

page 81 | location 1240-1241 | Added on Friday, 26 September 2014 23:32:27 Since your muscles’ strength changes during contraction, proper strength training must take this factor into account and thus requires a synchronous (or matched) loading (and deloading) of the musculature.

page 81 | location 1231-1234 | Added on Friday, 26 September 2014 23:32:43 In a barbell curl, for example, one might discover that the strength curve of the biceps muscle measures 10 pounds of force when the arm is perfectly straight, 25 pounds of force when the arm is bent 45 degrees, 39 pounds of force when the forearm is bent 90 degrees, 21 pounds of force when another 45 degrees of movement has occurred, and finally, when the hand is at the shoulder, perhaps 12 pounds of force can be produced.

page 132 | location 2022-2025 | Added on Monday, 29 September 2014 21:45:15 All of the aforementioned advice optimally sets the stage for your body to amass the necessary resources to make its adaptive response as stimulated by the workout. Remember that you’re asking your body to make an investment in a tissue that it considers metabolically expensive. If any of these vital points is unaddressed, the reservation of resources for the building of more muscle tissue will inevitably be withheld.

page 172 | location 2630-2633 | Added on Monday, 29 September 2014 22:38:51 In addition to myostatin, there are other genetic determinants of what your response to training might be and your potential muscle size, as well as how specific alterations in a training protocol can be custom tailored to allow these genetic traits full expression. These genetic factors include ciliary neurotrophic factor (CNTF), interleukin-15, alpha-actinin-3, myosin light chain kinase, and angiotensin converting enzyme.⁶

page 274 | location 4190-4193 | Added on Monday, 29 September 2014 22:39:11 C. E. Stewart and J. Rittweger, “Adaptive Processes in Skeletal Muscle: Molecular Regulators and Genetic Influences,” *Journal of Musculoskeletal and Neuronal Interactions* 6, no. 1 (January–March 2006): 73–86. This review article nicely covers other genetic factors that control response to exercise and may in the future allow for customization protocols for individuals.

page 186 | location 2841-2844 | Added on Monday, 29 September 2014 23:02:20 Muscle tissue is the most metabolically expensive tissue in the body. You require between 50 and 100 calories a day just to keep a pound of it alive. Let’s assume for a moment that it requires the lower number of 50 calories a day: were you to lose 5 pounds of muscle over time as you perform your steady-state “calorie burning” exercise on the treadmill, that would result in a loss of 250 calories per day that would otherwise be used to keep that muscle alive.

page 193 | location 2955-2963 | Added on Monday, 29 September 2014 23:14:20 When glycogen stores are not full, glucose is moved into the cell for the process of glycolysis to take place. This twenty-step series of chemical reactions gradually converts glucose into pyruvate and then moves the pyruvate into the mitochondria. There it undergoes aerobic metabolism, which produces high levels of ATP, the basic fuel of the body. However, if the body’s glycogen stores are already full when additional glucose attempts to get into the cell, this twenty-step process gets shut down three steps into the glycolytic pathway. The enzyme at that third step then becomes allosterically inhibitive—changing shape in the presence of high levels of

glucose. The process of glycolysis cannot proceed under these circumstances and instead begins to reverse into a process of glycogen synthesis. However, as the glycogen stores are completely full, the glycogen synthesis process arrests, and the glucose is instead moved toward production of a chemical called NADH, which fuels triacylglycerol (or fat) synthesis. The moral of this tale is that insulin levels have to be controlled to create a permissive environment for fat mobilization.

Michael says

Bad title, very good book. Also not just about strength training but covers diet as well.

David says

This is a very interesting book about an approach to strength training. The approach is to perform a small number of high-intensity resistance exercises for a short duration, about once a week. The exercises involve slow repetitions to the point of muscular failure, and then holding the weight against resistance for about ten seconds, even after further full repetitions are impossible. The idea is (1) to break down the muscles to a significant extent and then (2) to give the body an adequate time to recover.

The authors are firmly against performing "aerobics" exercises just for the sake of improving fitness. They give well-researched reasons for their opinions, and well thought-out scientific explanations.

Up until today, I have been performing moderately intense strength training about twice a week. I intend to try the approach described in this book, to see if it improves my results.

My only complaint about this book is the picture of the deadlift exercise. The guy doing the deadlift shows terrible form--there is no excuse for this.

Jacob says

The argument in this book actually seems clear and reasonable, and makes sense to me. It also tracks with my own training experience. The premise is that low intensity workouts don't benefit our muscle and cardiovascular development nearly as much as high intensity workouts because they never use some of the most significant muscles. The authors believe they have developed the maximally efficient workout regimen for the average individual in a 10-minute workout once per week. This workout does not cover training for any specific athletic event that an individual might want to participate in.

Although biology is not one of my strong points, I was able to understand the authors' description of metabolism and cell energy pathways. The arguments are sound and many of them are backed up by studies. What excites me is that this seems like a workout regimen that is much more doable for someone with a busy lifestyle, for example a parent of small children.

The only caveat is that the authors advise using machines to workout, and the exercises do look like they'd be easier to do correctly on a machine. However, the use of machines drastically lowers the convenience of the workout, which was one of its strong advantages. Maybe there is a lower-tech equivalent - I wish the authors had spent a bit more time discussing how to do that, but since one of them runs a gym chain I guess I'm not

too surprised.

Daniel H. says

BY FAR the best single book for getting on the right path toward exercise. This is one hefty book on information going off of real world results and science based studies. I personally have searched high in low for a lot of information that is present in this book and ending mostly looking at studies and trials on exercise. So for me most the information in the book I already had a very good understanding at least on most of the inner workings of metabolism and intensity. The book didn't stop there though it explained to me a lot of other information that got me thinking about how I already exercise. First thing to consider is intensity, which is the main focus of the book, the higher the intensity the better. Second being recovery, without recovery you put your body into a higher stress state as well as creating a larger inroad(muscle damage) than the body can repair. Third it covers a huge range of benefits for become healthy by training this way. It also covers other things like elderly, losing body fat, building muscle, genetics, and examples of why most exercise that people do is harmful.

First thing that I want to highlight because it brought together everything I was doing wrong was fat loss. What most people think of fat loss is they have to burn it off with steady state exercise(exercise that is repetitive but low intensity) for long periods of time. Also people believe in the restricting calories which is a closer bet on losing fat. So first lets look at burning off calories with steady state exercise, with say a step machine that counts your calories burned gives a read of 300 calories burned for 1 hour on the machine, which is actually closer to 200 or even less depending on your weight and muscle mass(this is why the machine asks weight height and a number of other factors) because it bases it off metabolism. 200 calories is not a lot of calories, a single candy bar has about that many calories. The problem really isn't the burning of the calories but the state your body goes in. What happens is the steady state is not intense enough to stimulate higher orders of muscle so the body starts eating away at them because they are perceived as "dead weight". Now what happens is you can easy loss 5 pounds of muscle doing steady state exercise and even more if you are stress and do more exercise to burn more fat. So why is this important? It is important because muscle mass is what is burning the energy, a single pound of muscle burns 50 to 100 calories a day by just being there so that 5 pounds of muscle lost means 250 or 500 increase of calories that you would have to burn off extra. So now you are already under in numbers for burning calories and will start to store more calories. So what is more important is to put more muscle on and restrict the calories. Second part is the restricting calories can also slow metabolism if it is not done properly such as not drinking enough water or working out properly to stimulate anabolic metabolism to develop muscle. All of this is really outlined in the chapter fat loss and is an interesting read. So coming full circle my problem was working out for 2 or 3 hours a day to burn fat while not restricting my calories. So I lost muscle mass and put more body fat on and became really unhealthy that way even though I was trying to do the opposite.

There are a few things were I diverge from the book as it is a weight lifting based book and doesn't suggest the use of supplements. First with the weight lifting they do go into the degrees of isolated movements to protect joints and isolated muscle development for strength. I understand why the book went this way because of other types of exercise that is popular wouldn't give enough intensity which is true unless you know about progressive calisthenics. With progressive calisthenics which you can learn from Convict Conditioning and fill in the gaps with Pavel Tsatsouline's books you would have your muscle groups work together and actually strengthen your joints instead of isolating muscle groups to work independently with weak joints. I am not condemning weight lifting at all but I believe master of ones body weight should come first. Secondly is supplements, the book basically says you won't get anywhere with supplements which is true for the most part. There is not miracle "thing" you can take that will come anywhere close compared to HIT. But there are somethings that can enhance recovery through increasing anabolic metabolism if taken

properly. One example would be non denatured whey protein isolate(which I get from nutrabio.com, seriously the best purest cheapest protein and it is a product of america) can induce a anabolic response if taken in 2 hours increments also known as pulse feeding. In truth most products fall very short of what they advertise so in truth aside from protein most everything else should be avoided.

A last note about steady state exercise. When you start working out say you start trying to run but you are so out of shape that you can barely go 10 yards without stopping and you work your way all the way up to running a mile a day. Through that period of time you were at a very high intensity so you would see all the results you would expect from a high intensity training. But say after you got to a put of running a mile you started going 2 miles or 3, 4, 5, or whatever amount of miles you are no longer pushing your muscles if you are just "putting in the time" you are now doing steady state exercise. This is were people notice they stop losing weight and hit that "wall". They might change it up and see results again till they become steady state again and so on. This applies basically ALL workouts that are popular today. By far the worst is woman workout stuff because it starts at steady state so they just loss muscle mass and start gaining fat. This also applies to people that say that their job is like a workout, which in truth I guess it is but one that is making you loss muscle and put on fat. I have seen this myself as I use to work as a carpenter even though we were doing physical demanding work we never pushed to a high level intensity even though we got to the point of exhaustion from the heat of the Florida sun and busting ass to get the job done. From just looking at the other workers they were all overweight and broken men so to say with pain throughout their body as well as overall weakness in a lot of areas.

A last LAST note is women.... seriously women THINK DAMN IT, you are not genticly in a possition just like most men are to get big. REGARDLESS of what you are told you need to do something that stimulates the muscles with higher intensities. Something that is covered in the book is that most men have no way of becoming bodybuilder size, reason why they think they can is because it is advertised that anyone can become HUGE by lifting heavy weights where if it can happen with anyone than it can happen with woman to. Since this is not true in any manner there is no reason not to put for high intensity to become healthy and strong while losing the body fat.

Basically READ THIS BOOK!!!!!!!!!!!!

Zack Ward says

Body by Science does an excellent job at explaining the science of fat metabolism. It advocates a once a week, superslow, high intensity training regimen with emphasis on getting sufficient rest for optimal muscle growth. They make the argument that the training stimulus must be powerful enough to shock your body into survival mode, citing several studies in scientific journals that showed elevated growth in response to the superslow method (or HIIT bike training).

However, they do not mention that strength gains are specific to the way the muscle is trained. You're 1 rep maxes will not increase much in this program. You'll get really good at lifting weights slowly, which is not very useful from an athletic perspective. You'll gain muscle mass, yes, but this muscle mass will not be able to produce the explosive forces associated with jumping or hitting a baseball. It'll be the kind that drags heavy grocery bags around.

Further, the authors do a terrible job of explaining how any of the barbell exercises work. Novice trainees trying to squat superslow with free weights might actually get themselves killed (pinned under the bar). If you are going to follow their program, use nautilus equipment. Its safer.

This book is helpful in explaining basic exercise physiology. Before you decide to follow their training protocol, it would be a good idea to decide what you are training for, and then decide where strength training fits into your training program.

Dave Bolton says

I found the science in this to be credible (not having the background of the authors, I can't debate it), but I was not so taken with the implementation. While short and hard "to-failure" workouts seem fine according to the theory, I'm doubtful that I could build up the overall strength that a system like Starting Strength has given me. They also quote large improvements from new recruits (I don't have the book to hand, but it was in the order of "50% improvement over 12 weeks!", which sounded great, but in reality for someone with no current strength is actually not all that impressive).

I was also astounded that they spent only a few sentences explaining a barbell squat, and that the explained and photographed form was terrible. Starting Strength spent over thirty pages explaining the same thing. I don't think a SS level of detail would be strictly necessary, but the detail provided was negligent in my opinion.

Tony61 says

Five Stars out of Five. Highest recommendation.

STOP. Read this book before you do one more exercise routine.

McGuff is an Emergency physician with an avocation for fitness and John Little is a professional fitness trainer. Body by Science is subtitled "A research-based program for strength training, body-building and complete fitness in 12 minutes a week." The authors cite empirical studies relating workout regimens and formulate a specific routine to most efficiently build muscle while burning fat.

Many of the principles outlined here are in contradistinction to modern convention about exercise. For example, the authors show that prolonged aerobic activity does little to contribute to overall fitness, most individuals can achieve their fitness goals in very little time per week, most faddish regimens-- Tai Bo, Crossfit, P90X-- do little more than waste your time and can lead to serious injury.

While I am usually skeptical of anybody who purports to know a quick and easy way to achieve a difficult goal, I have to say that this book has extremely useful information about metabolism, biochemistry and muscle kinetics. The authors explain the evolutionary rationale for the exercise routine they advocate and also discuss diet, limiting grains and emphasizing whole foods.

On the savannah, prehistoric man evolved to exert himself in short bursts of highly intense activity: avoiding predatory lions or chasing game. Successful individuals were also able to endure famine and dehydration and certain body types were selected. Today, endomorphs who store body fat are often looked upon as less fit than, say, Arnold Schwarzenegger or Sylvester Stallone, who are mesomorphic with more lean mass. Counterintuitively, however, individuals who have adequate fat stores are able to survive seasonal food shortages better than mesomorphs (muscled individuals), or ectomorphs (skinny individuals).

In fact, Stallone and Schwarzenegger are genetic mutants who likely would not do well on the prehistoric savannah. Large muscle mass inefficiently burns calories even at rest and these individuals, while looking fit in modern civilization must consume an inordinate amount of resources to maintain their basal metabolic rate.

The purpose of any exercise routine is not to look like Stallone. First of all, it would impossible for most of us. McGuff and Little explain the genetics of muscle development and review the specific mutations discovered over the last decade, including myosin light chain kinase and myostatin genes, among others.

The kernel of the book is the Big Five workout, encompassing slow movements using the largest muscle groups in the body. The authors liken exercise to a medical prescription, looking for the dose that will give the greatest benefit with minimal side effects. The Big Five includes latissimus pull-downs, chest press, seated row, seated military press and leg press. The safest, most efficient method is to use Nautilus or other progressive cam machines.

Loss of muscle mass-- sarcopenia-- has deleterious implications as we age, limiting our activity and increasing our risk of injury. Building muscle is all-important to overall fitness, and the authors cite studies that show this regimen not only build muscle but also increase aerobic capacity and flexibility. Complex routine, such as Crossfit, on the other hand, are more likely to lead to injury, and other practices like stretching actually can lead to muscle weakness.

The key to the Body by Science workout is to continue each exercise in a slow sustained movement until muscle failure. Done properly, you should feel quite uncomfortable at the end of each exercise. Think Neanderthal running from a lion. The upside is that nothing builds mass and aerobic capacity as quickly as high intensity exercise ending in muscle failure.

The authors recommend 5-7 days rest between workouts. Youtube videos are available to view by googling "Doug McGuff doing the Big Five" or "Body by Science." The videos make the routine look deceptively easy, but with heavy weights and slow sustained muscle contraction your heart rate and respiratory rate elevates.

The review of diet is also important. I have always worked out and would consider myself fit-- able to run 5K's and lift weights-- but chronically overweight. McGuff and Little are quick to implicate the workout industry in giving false expectations that exercise alone can lead to weight loss. Nope. The fact is that I eat too damn much and no amount of exercise will make up for that.

Personally, I found this book an invaluable and readable review of metabolism, genetics and muscle function. It has changed the way I exercise, reducing my risk of injury and increasing the efficiency of each workout. I still do other things, namely an hour-long highly intense full body aerobic regimen with a trainer once a week, but the Body by Science workout has also become a weekly ritual. I have noticed a significant increase in lean muscle mass, as measured by my trainer, and a generally improved sense of well-being.

Dvir Oren says

I enjoyed reading it, and found quite some useful information. Recommended to people with open mind for weight lifting and recovery.

Body by science

- Less is more, but more intense

- Average recovery time is 7 days, can range from 6-12 days
 - Slow lifting for less momentum. Use 5up/5down only as guideline use slow smooth motion
 - Machine lifts is safer
 - Author says stretching is mostly useless
 - No rest between exercises
 - No gym? No excuses: chin up shoulder width, pushups, squats, static lateral raise
 - My workout routine: pulldown little less than shoulder width, chess press, squat on wall to sitting position hold as long as possible, then go up slowly to knees 15 degrees repeat to sit position until failure
-

Nick Short says

Well written and thoroughly researched. Caused huge reversal in thinking in a domain I considered myself knowledgeable. Advocates high intensity, low frequency exercising. Not against "'cardio' exercises" as some think, rather the authors explain (very well, and repeatedly) that taking each rep to its extreme forces one to use deeper, fast twitch muscle fibers which is in turn much more productive to your cardiovascular system. Also genetics, fat, and muscle growth explained and some human biology/physiology knowledge required. The program is not time consuming, but instead when done right the intensity leaves you feeling very uncomfortable. Not easy to get over the idea that training less (allows proper recovery) is beneficial but the gains are in fact exponential. Good for females, males, athletes, seniors alike.

Bastian says

Durch eine Empfehlung bin ich auf dieses Buch gestoßen. Da ich selbst seit fünf Jahren Krafttraining betreibe, bin ich immer neugierig, welche Trainingsmethoden es gibt. In diesem Buch geht es um hochintensives Training. Fünf Grundübungen, ein Satz bis zum Muskelversagen, ein mal die Woche. An sich nichts Neues. Jetzt das "Aber": Goeff und Little skizzieren im Buch die biochemischen Zusammenhänge von Fitness und Gesundheit, von Kraft und Ausdauer. Ich habe viele ganz neue Denkansätze gefunden: Z.B., dass man nach deren Ansatz nicht auf die Anzahl an Wiederholungen schauen sollte, wie es 99% aller Trainingspläne der Fall ist, sondern auf die "Time-Under-Load" (Zeit, in der der Muskel belastet wird). Diese sollte bis zum kompletten Muskelversagen bei ca. 90 bis 120 Sekunden liegen.

Auch die Ausführungen zu den verschiedenen Muskelarten und zur Regeneration (die z.T. über 14 Tage bedauern kann) fand ich sehr erhellend.

Bevor ich dieses Training nicht selbst probiert habe, gebe ich keine 5 Sterne :-).

Tina says

Loses a star because while most of it seems to be backed up by pretty decent science (I'm basing this judgment on descriptions of studies, not on looking up the studies myself, because I'm far too lazy), it has some unsupported claims sprinkled in.

The gist (and what does seem well supported) is that our health and fitness are best served by infrequent bouts of high intensity exercise -- basically, about 12 minutes of hardcore strength training (heavy weights

that lead to muscle failure in 45-90 seconds) once a week. It also talks about why most cardio is not only not a very good way of working out, but it's actually fairly to very harmful.

I'm eager to hit the gym and try this out, and -- if it works like it should -- get rid of my treadmill. It was also just a flat out interesting read about how exercise works on our bodies at the cellular level.
