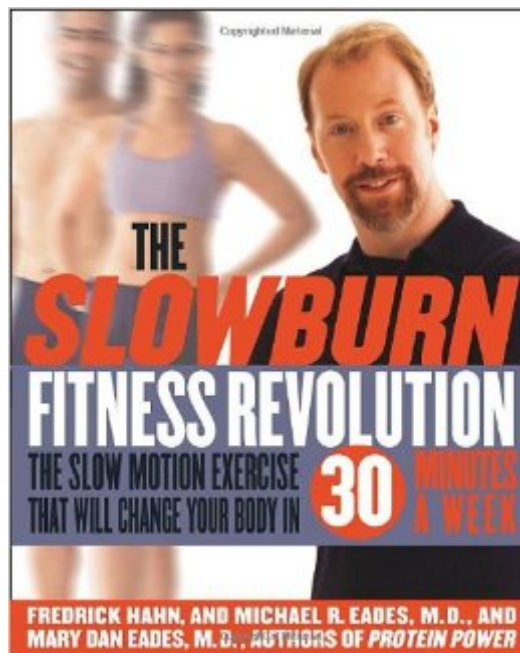


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# The Slow Burn Fitness Revolution: The Slow Motion Exercise That Will Change Your Body In 30 Minutes A Week



## Synopsis

Join the Slow Burn Fitness Revolution! In *The Slow Burn Fitness Revolution*, authors of the three-million-copy bestseller *Protein Power* team up with leading fitness expert Fred Hahn to revolutionize the way America gets strong, lean, and healthy. *The Slow Burn Fitness Revolution* lays out the accumulating body of scientific evidence that shows the spend-hours-in-the-gym approach to exercise is over. The Slow Burn exercise routine gives great results in just 30 minutes a week. With Slow Burn, you will:

- \*Get strong fast
- \*Increase bone density and ward off osteoporosis
- \*Improve cardiovascular health
- \*Enhance flexibility
- \*Say goodbye to lower back pain
- \*Increase your metabolism, and
- \*Make your body a powerful fat-burning machine

Slow Burn promises a leaner, fitter, stronger you with a realistic workout that lets you have a great body and a life!

## Book Information

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Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (218 customer reviews)

Best Sellers Rank: #19,598 in Books (See Top 100 in Books) #6 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts](#) #10 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching](#) #38 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training](#)

## Customer Reviews

Both my wife and I tried the Slow Burn workout for about a month and I thought I'd share our experience. We're middle age and in better shape than average. We ended up switching to another workout routine but not because Slow Burn wasn't working for us "physically". It was working, but it ended up not being a good "psychological" fit for us. Slow Burn, the book, is good. The author lays out his case logically and makes it easy to get started. He anticipated and answered about every question we had and provided good, practical advice. The home workout described can be done with just a modest investment. As others have said, though the workout is designed to do just once

a week for 30 minutes (that's what attracted us initially), if done properly it's very intense. The book actually lays out two different routines, one for the home with basic equipment, and one for the gym with weight machines. We worked out at home. The first week, as suggested in the book, we did the workout 3 times to speed up the learning process, then switched to 1/week once we were comfortable with the routine and had figured out the appropriate weights. Having a partner really helped with the time-keeping for each exercise. The book recommends getting a metronome. We didn't have one but I think it would help, especially if working out alone. The 2nd and 3rd week sessions went well. We were left drained and wobbly but in a satisfied way. But then a few days after the 4th week session we admitted to each other we really weren't looking forward to the next workout, and agreed to make a change. An intense workout just 1/week sounds good, but at least in our case we learned we preferred a lower intensity routine we do more often. Maybe it has something to do with our age.

So, as people have noted, slow lifting has been around for a while, but this book, along with Power of 10, is really trying to bring it more into the mainstream. The book is split into two parts: The "Why" and the "How". The first part, the "Why" section, explains why the Slow Burn workout is good for you. The benefits they describe aren't exclusive to slow lifting; they can apply to any sort of strength training. And while some of the benefits they describe are pretty well known to people who weight-lift, it's good to remind all those people packed into the 5:00 Spinning class that strength training isn't just for massive guys in spandex with no body hair. The book also made some pretty surprising (or outrageous) claims -- for example, that an aerobic exercise like running barely improves your heart at all; it just makes your leg muscles more efficient for future runs. Or that lots of stretching does you more harm in the long-run than good. (Come to think of it, I do know lots of dancers with dislocated joints.) And I would tend to believe them, except for the fact that the tone of this whole section totally turned me off. Frankly, it sounded less and less like an exercise book and more like an infomercial. Hey, guys, if your facts are persuasive enough (and they seem to be), I should be able to figure out on my own that the Slow Burn program is good without you screaming at me to "Join the Slow Burn Revolution!" every third paragraph. Enough with the hard sell! Anyway, the second half of the book, the "How" section, describes several Slow Burn exercises to perform. And they include two sets of exercises: one you can do at home without much equipment, and one you can do at the gym with machines.

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