



## The Slow Burn: Fitness Revolution

By Frederick Hahn, Michael R. Eades, Mary Dan Eades

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The new, revolutionary exercise phenomenon to hit America is now coming to the UK. Slow Burn is a scientifically supported method of exercise that will change your body shape, burn fat, improve your strength, health, flexibility and get rid of back pain - all achieved through a controlled, slow-motion, but easy-to-follow exercise routine that takes no more than thirty minutes and that should be followed just once a week. Slow Burn is a result of recent scientific evidence that shows how performing specific exercises at a far slower pace than conventional exercise will trigger a process within the muscles, causing them to grow and strengthen. The muscles are pushed to a point of fatigue so that in the days that follow - when you're not exercising - the body works to build up the muscle again. Written by personal trainer Fred Hahn, Slow Burn is a safe, simple and highly effective routine, which promises to turn your body into a powerful fat-burning machine.

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#### **About the Author**

Frederick Hahn is the President of the National Council for Exercise Standards and co-founder of Metro SportsMed. Dr Michael Eades and Dr Mary Dan Eades wrote the US bestseller Protein Power and have practised metabolic medicine for twenty years.

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**Andrea Lampkin:**

Playing with family in a park, coming to see the marine world or hanging out with pals is thing that usually you may have done when you have spare time, in that case why you don't try thing that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love The Slow Burn: Fitness Revolution, you may enjoy both. It is great combination right, you still wish to miss it? What kind of hang-out type is it? Oh seriously its mind hangout folks. What? Still don't have it, oh come on its called reading friends.

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