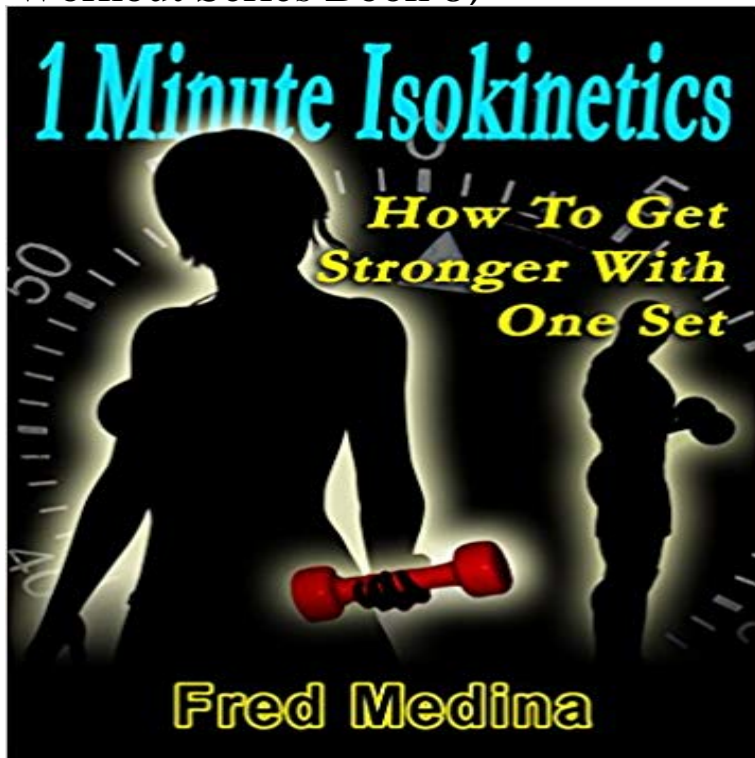


1 Minute Isokinetics: How To Get Stronger With One Set (The 1 Minute Workout Series Book 8)



We all have busy lives and exercise usually takes a back seat to everything else. I mean, who wants finish or start a long day by heading to the gym and exercising for an hour? That's where my 1 minute workout series comes in. My e-guides are a quick read and will allow you to get up and moving quickly. Think you don't have time to do exercise? Think again. Everybody can spare 1 minute every now and again. When reading a book that takes six hours to complete, how much of that information do you really retain? Have you ever had to sit and take notes? Don't be surprised if when you're done taking your notes on that three hundred page book, that you only have 10-30 pages. With my e-guides, I have already minimized the book and created a notes like environment. That way you can Get Moving & Get Results. Introducing 1 Minute Isokinetics. 1 Minute Isokinetics is a simple way to perform a 1 minute strength workout that focuses on compound exercises and controlling the resistance throughout the entire range of the rep. In this quick guide you'll find:

- How performing one minute of compound exercises can build strength
- How to perform the reps (the correct number and cadence)
- How one set is all you need
- How often to train

Exercising this way for 1 minute can:

- Increase your strength and muscle endurance
- Tone your muscles
- Increase joint and tendon strength
- Build strength quickly
- Allow you to get in a quick workout and get on with your life
- Minimize fatigue created by long workouts and workouts to failure

Story section excerpt: Once upon a time there was a guy named Sam. Sam wanted to get stronger and he devoured the internet and read so many books about fitness that he could've started a fitness bookstore with all the pages of information he'd collected. The problem was that with all the information publicly available, there were so many conflicting ideas out there about what

worked and what didnt. One day Sam was brushing his teeth, looked himself in the mirror and said, Im confused. How do I get strong? With one author recommending he do five sets of five and another saying do three sets of three, and yet another saying do three sets of ten, he was lost and confused. As Sam stared into his reflection he was reminded of the story about Goldilocks and the three bears. First she tried the porridge. One bowl was too hot and one was too cold, and finally the last one was just right. When she became sleepy, she tried the beds. The first one was too hard, the second was too soft and the third one was just right for her. While all three were beds, only one of them felt just right to Goldilocks. Sam realized the same thing held true for strength training. So what did Sam decide to do? He tried all the rep ranges and none of them were just right for him. So off Sam went in search of something else. And thats when he came across a system of performing only one work set of five to eight reps, per exercise, performed to failure. He made some good progress on that system by adding a small amount of weight each time he repeated an exercise. But eventually the work load he was working to failure even as small as it was, began to take its toll on him. He began to feel more fatigue throughout the week and found himself needing to eat more, and thats the opposite of what Sam was looking for. He wanted to be strong and have energy to go on a five mile hike or play a pick up game of basketball whenever he felt like it. And that wasnt what was happening. So Sam decided that program wasnt just right for him either. Get this guide and find out what Sam discovered was just right for him and how you can copy what he found. * * * Other titles: Find other titles by Fred Medina here:
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