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Fast Fitness - Das Original: Effektiver trainieren mit High Intensity Training - 3 Mal pro Woche nur 10 Minuten (German Edition)

Michael Mosley, Peta Bee

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Schluss mit langweiligen und zeitraubenden Trainingsplänen! Bestsellerautor Dr. Michael Mosley zeigt, dass es nicht mehr als eine halbe Stunde pro Woche braucht, um den Blutzuckerspiegel zu senken, das Krankheitsrisiko zu reduzieren, die Gewichtsabnahme zu fördern und die Gesundheit allgemein zu verbessern. Alles, was man dafür tun muss: drei Mal pro Woche je zehn Minuten Sport machen. Dieses High-Intensity- Training (HIT) ist eine effektive und angenehme Methode, um in minimaler Zeit maximale Ergebnisse zu erzielen.

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