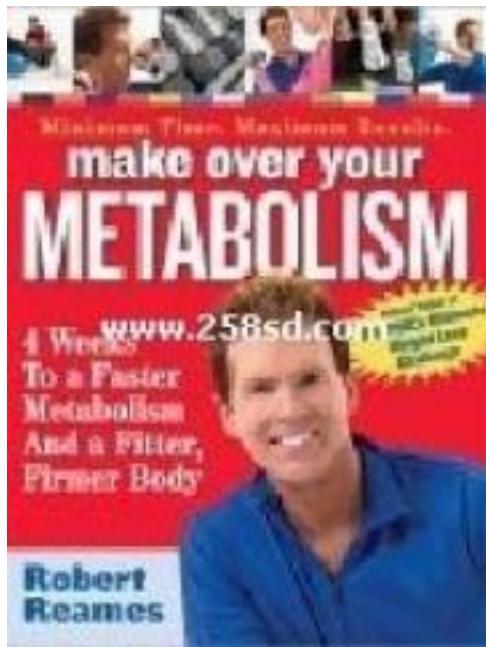


Make Over Your Metabolism



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著者:Reames, Robert

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Book Description Focused 4-week program based on an innovative exercise concept—“metabolic burst training”—that turns the body into an efficient calorie-burning machine 24/7 with just 3 hours of exercise per week. Special sequences of easy-to-do exercises customized to one’s fitness level, proven to deliver real fitness results. Detailed photos show the suggested order and correct form for every exercise. Expert nutrition advice to increase the metabolism and maximize the body’s ability to burn fat while also taming cravings. Detailed recommended eating plan to help get the most out of each meal and snack. Guidance to specific lifestyle practices that can be easily implemented into a daily routine to help normalize metabolism and ensure greatest results. No gym membership required! Simple guide to designing a home gym—only five pieces of affordable basic equipment

necessary. Bonus: Optional programs, each 4 weeks long, which target specific trouble zones (i.e., abs, thighs, hips, etc.) and step up fitness level. About the Author Robert Reames is a nationally recognized fitness expert and can be seen on the hit daytime talk show, the Dr. Phil show, as the head fitness consultant/trainer for Dr. Phil's Ultimate Weight Loss Challenge. He is the creator of Robert Reames, Inc., a full-service fitness training and consultation company located in Los Angeles. He offers his clientele more than 20 years of experience in the world of health, fitness, and wellness including work in personal training and sports-specific training. Reames developed his own brand of training classes and became a "standing-room-only" group instructor for two of the most prominent health clubs in L.A. Reames continues to train a select group of L.A.'s top executives, helping them become the best they can be. Reames has a variety of strength and conditioning certifications from the leading organizations in the health and fitness industry. He strongly believes that continuing education is a lifelong endeavor and constantly provides his predominately executive clientele with the latest research in exercise science, as well as the most current information in the fields of health, wellness, weight loss, anti-aging, sports specific training, and injury prevention. In addition to his appearances on the Dr. Phil show and ABC's Extreme Makeover DVD, Reames has also contributed to or been featured in numerous national publications, including Fit, Fitness, Self, Prevention, E-Pregnancy, Family Circle, Sweat, and Sonik. This is Robert Reames' first book.

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