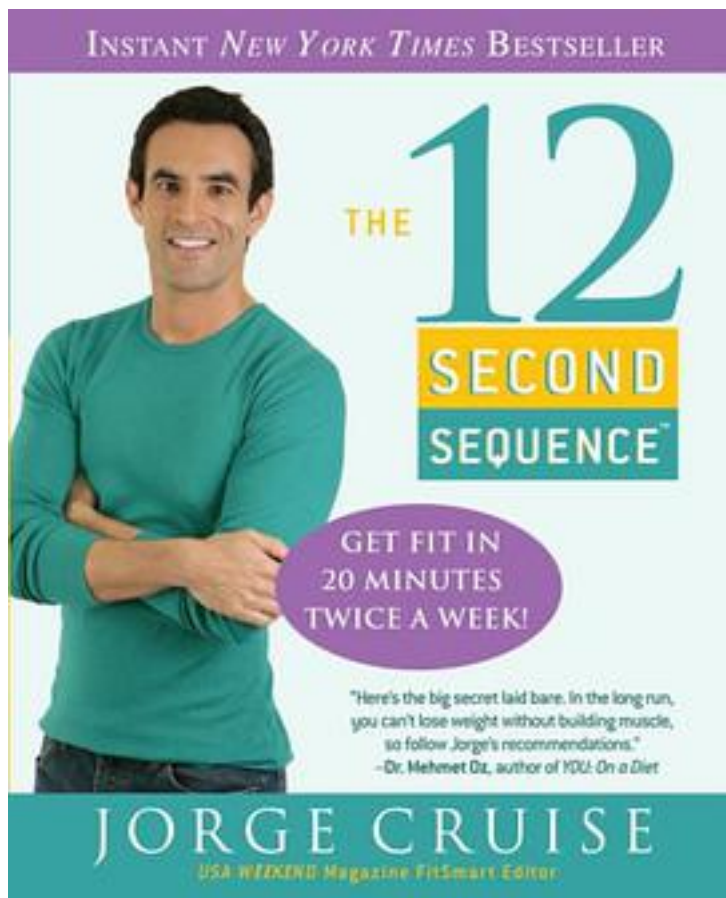


The 12 Second Sequence



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著者:Jorge Cruise

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The 12-Second Sequence™ is fitness superstar Jorge Cruise's newest revolutionary method of resistance training that burns fat, shrinks your waistline, and gets you into the best shape of your life— and all it takes is two twenty-minute workouts each week. Based on the latest groundbreaking research in exercise physiology, the 12-Second

Sequence™ proves that the key to success is not in exercising more, but in exercising smarter .

By following Jorge' s plan, you' ll train your body to burn hundreds of calories on its own every week— all the time , even when you are not working out. Body fat melts away, lean muscle develops, and you' ll look and feel better than you ever thought possible.

Why you need The 12-Second Sequence™:

- You' ll follow a simple eight-week plan that reconfigures your body to burn 20 percent more calories—every day
- You' ll learn how to eat to accelerate results
- You' ll minimize your efforts and maximize your benefits
- You' ll be inspired by the success stories of other 12-Second stars
- You' ll target belly fat (the worst kind!), so you' ll start looking great almost immediately
- You' ll find a special bonus workout routine: the no-gym, no-fuss, do-it-anywhere way to keep on track wherever your busy schedule takes you

You can do this. Say good-bye to wasting time in the gym doing endless repetitions or spending hours on the treadmill. If you' ve got a few minutes to spare each week, you' ve got what it takes to start feeling healthier and stronger while looking absolutely amazing—for life . Get started today!

From the Hardcover edition.

作者介绍:

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