

图书基本信息

书名：<<(保持体型的五个要点)5-FACTOR FITNESS>>

13位ISBN编号：9780399532092

10位ISBN编号：0399532099

出版时间：2004-12

出版人：Berkley Pub Group

作者：Pasternak, Harley/ Boldt, Ethan

页数：182

版权说明：本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问：<http://www.tushu007.com>

<<(保持体型的五个要点)5-FACTOR >>

内容概要

Harley Pasternak's 5-Factor Fitness will enable you to achieve the body you've always wanted, in 5 short weeks. Harley's plan works for Hollywood stars, professional sports figures, and countless others--and the very same program can work for you. See remarkable and measurable results in just 5 weeks...

<<(保持体型的五个要点)5-FACTOR >>

书籍目录

IntroductionPART I The Greatest Fitness-and-Food Program Ever Invented I THE [%AN 2 THE 5~FACTOR D~FFERENCE Why You've Failed Before Why the 5-Factor Will Work for YouPART 2 5-Factor Fitness 3 THE SC[~:NCE AND SENSE BE.HIND 5-FACTOR FITNESS How the 5-Factor Was Born The Science The Five Training Variables of S-Factor The Number "5" Divide in Order to Conquer Putting It All Together (Intensity + Variety = 5-Factor) 4. GE, TT~NG READY Optimizing Your Workout 5.~NE F~vE~WEEK PLAN Weeks 1 and 2: The Foundation Stage Weeks 3 and 4: The Framing Stage Week 5: The Finishing Stage Minutes 0:00 - 4:59 (Cardio Warm-Up) Minutes 5:00 4 14:59 (Strength Training) Minutes 15:00- 19:59 (Core Exercises) Minutes 20:00- 24:59 (Cardio) 5-Factor WorkOut Charts After Week 5: What's Next?PART 3 5-Factor Fuel 5-Factor Nutrition 8o How 5-FUEL SLIMS AND TONES The 5-Factor's Five Keys to Fat Loss The Five Criteria per Meal Your Cheat Day Nutrition Q&A Meal Plans 5-Factor Eating Tips Meal 1: Breakfast Meal 2: Midmorning Snack Meal 3: Lunch Meal 4: Afternoon Snack Meal 5: Dinner The Unlisted Meal: Dessert? A Final NoteIndex

版权说明

本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问:<http://www.tushu007.com>