



The Burst! Workout: The Power of 10-Minute Interval Training

Sean Foy M.A.

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Here from Sean Foy, exercise physiologist and coauthor of the million-copy bestseller *The Daniel Plan*, is *The Burst! Workout*, a complete program for 10-minute interval and circuit workouts that can be done practically anywhere, anytime.

Study after study proves the effectiveness of high-intensity interval training. Now, here's exactly how to do it: **four minutes** to raise the heart rate and metabolism; **three minutes** of resistance training to strengthen muscles and bones; **two minutes** of core movements for the abs and back; **one minute** of deep breathing and stretching (a vital component missing from other popular high-intensity circuit programs). The book features three four-week programs: Level 1, with no equipment required, perfect for the office (and fighting the "sitting disease"); Level 2, with minimal equipment; and Level 3, which brings interval training to the gym. The simple, scientifically devised exercises are illustrated with step-by-step photographs and are easy to master.

The results are astonishing: The workouts boost metabolic rate, promote weight loss, target all the major muscle groups, increase cardiovascular endurance, have a positive effect on cholesterol levels and blood pressure, and deliver a sense of well-being. All in just a few minutes a day.

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