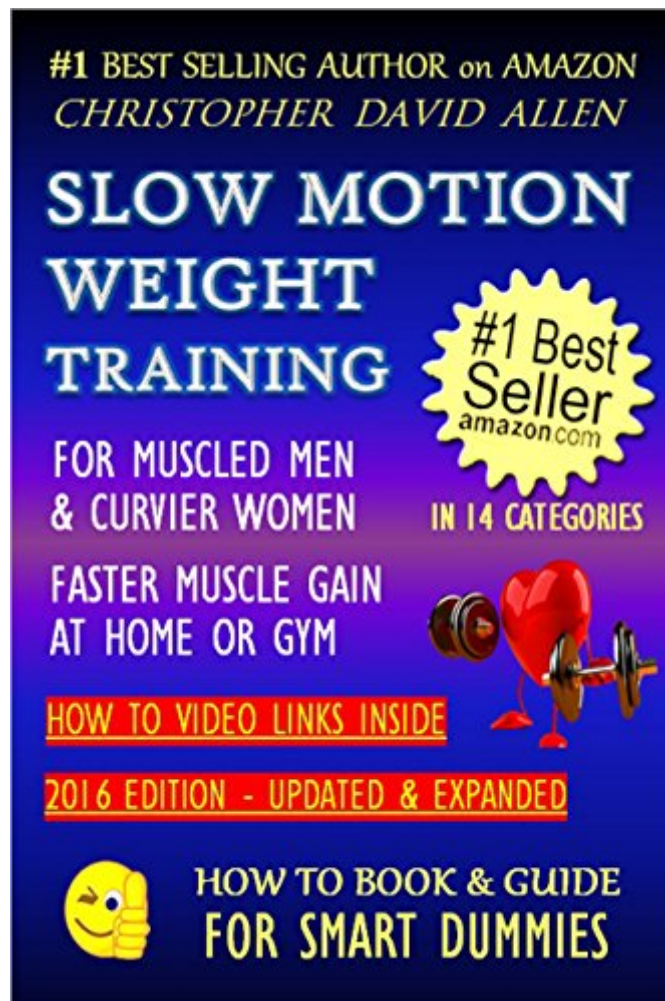


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# **SLOW MOTION WEIGHT TRAINING - FOR MUSCLED MEN & CURVIER WOMEN - FASTER MUSCLE GAIN AT HOME OR GYM - HOW TO VIDEO LINKS INSIDE (Weight Training, Bodybuilding) (HOW TO BOOK & GUIDE FOR SMART DUMMIES 2)**





## Synopsis

A SMOKING HOT BODY FOR YOU â | THE PROVEN FAST WORKOUT TO GET SLIM & RIPPED  
â | READ ONÂ By International Best Selling â | #1 Best Selling Author on CHRISTOPHER DAVID ALLENÂ Why Slow Motion Weight Training? Greater muscle mass and strength gains in a much shorter time with less time spent working out. Strengthens bones without drugs. Improves circulation and gives your body a better response to insulin that improves blood sugar levels, blood pressure, cholesterol, and triglycerides. With a much lesser chance for injury, even the elderly and young can do Slow-Motion. You get a cardio workout while doing Slow-Motion. The superior way to build muscle mass that virtually eliminates the chance for injury. Lift somewhat heavier weights to muscle exhaustion with deliberately slow and gentle motion. About 10 seconds up and 10 seconds down for only four to six repetitions â | No extra sets! Only nine exercises for a full body workout in under 30 minutes.Â A huge advantage goes to Slow Motion Strength Training for training all four types of muscle fiber when conventional strength training only trains one type. The Fitness & Weight Loss Industries Don't Want You To Know About Slow-Motion Strength Training As It Would Cut Their Profits Dramatically.Â LADIES â | Enhance those sexy curves and lift with the men â | They will think itâ™s HOT! Women shape, define, and are not at risk for becoming too muscular. Women benefit more than men becauseÂ they have a different set of genetics and hormones from men. Slow Motion is the supreme tool for developing curves and chiseling the female body. Plastic surgery can never equal the results of a Slow Motion makeover.Â MEN â | Get ripped and let the muscles show â | The women will love it! Other men will envy the nicely muscled results from your Slow Motion makeover.Â Scroll Up And Click The âœBUYâ• Button To Start Your Journey To A Slim And Muscular Body (men) Or A Slender And Curvaceous Body (women).Â Â Tags:Â Build Muscle, Build Muscle Fast, build muscle lose fat, build muscle burn fat, burn fat feed muscle, Get Stronger, Quick Workouts, Exercise & Fitness, Menâ™s Health, Womenâ™s Health, Workout, Gain Mass, Build Size, Gym, Weight Lifting, Weight Training, Weight Training For Dummies, Weight Training For Women, Weight Training For Weight Loss, Personal Health, Pilates, Yoga, Training, Exercise, Fitness, strength training, bodybuilding, muscle & fitness, muscle building, muscle strength, health fitness & dieting, sports & outdoors, barbell, dumbbell, kettlebell, wellness, muscle, strength, bigger leaner stronger thinner, strength training, strength training for fat loss, strength training for seniors, strength training for women, strength training for men, strength training equipment, strength training for dummies, workout, workout books, workout routine, workout plan, workout for men, workout for women, workout for dummies, slow motion weight training, slow motion exercise, slow burn, the power of ten, six pack abs, exercise and fitness, exercise for men, exercise for women, exercise for

seniors, muscle building, muscle strength, muscle and fitness, physical education, Fitness Books, Fitness After 40, Health and Fitness, Healthy Living, Health and Wellness, Optimum Health, Fitness, Fitness After 40, Fitness for Men, Fitness for Women, Fitness for Beginners, Fitness for Seniors, Fitness for Dummies, Training and Conditioning, bodybuilding

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## **Customer Reviews**

This book on fitness is the best I have seen and is so great to help people get fit. I have been on the Slow Motion training program for seven weeks now and am finding amazing results in my health. It is a great idea and completely new to me. To think that I can work-out once a week and get muscle and body tone results is remarkable. At week six I tried to go five days and found I was extra tired. At my age I need to wait seven or even eight days before doing another exercise routine. Partly this is because of my age, but mainly because I realize my muscles are not what they used to be and it takes time to build them up again. The longer wait between routines is to allow muscles to rebuild. On week seven I had waited eight days and after my exercise, I was fatigued (which you are supposed to be). Yet, by the afternoon I was feeling good and feeling results of the work-out.

Started with 5 lb weights, then 8 then 10 and last workout was up to 15 already. I highly recommend this book to anyone, but especially to those over 60 years of age that have lost the old physical body you used to have. You may not be 35 again but you will be in a better shape than you have known for quite a few years.

Top notch advice on why the Slow Motion way is the best. Buy this book and get faster results and better results. The guidance within these pages is excellent and you don't need a gym to do it either. Recommended

The author has written a superior weight training book that cuts through all the scientific garp to give simple but outstanding advice. If you want to put muscle on fast, this is the one book to buy. Recommended and 5 Stars.

After only a couple of weeks, I'm getting some amazing results with this wonderful how to do weight training at home book. The advice and exercises the author recommends are awesome. Do it better, faster and cheaper at home and it don't get better than that. Very highly recommended and the exercise videos are awesome compared to photos or diagrams as you get to see a real person doing the 9 recommended exercises in proper form. With videos you just click on, this book actually has a lot more content than you would think because space is not wasted on a bunch of sequential photos or diagrams. A first class bargain is this wonderful ebook. Thanks Mr. Allen! I've bought a couple other titles by this author and they are all exceptionally well done. I especially recommend his big reference book (469 pages) OPTIMUM HEALTH - HOLISTIC CHOICES & TIPS FOR ANTI-AGING, LONG LIFE, FITNESS & VITALITY - HOW TO BOOK & GUIDE FOR SMART DUMMIES

This author gives superior advice on the best (and hidden) way to gain muscle the gyms and professional trainers don't want you to find out about. You don't need to join a gym and can do this at home so this is the weight training method anyone can employ. Sound advice that makes sense in this well done and easy to understand book. I recommend it to everyone as everyone should be doing weight training and the book will tell you why everyone should be doing it the Slow Motion way.

This well written book will show you how to maximize your muscle gains and for little cost or none

compared to joining a gym. The video links provided show you exactly how to do the author recommended exercises in perfect form and are much better than photos or diagrams (just click on the link in the books). Very Highly recommended.

Christopher lists effective exercises using dumbbells, and even gives computer 'links' to a "muscleandstrength" website so that you can watch a short (10 -20 second) video on how each exercise should be carried out! Stephen has done a good job helping anyone who has been wasting precious time by using momentum-driven, fast-rep, non-effective workouts trying to gain some decent muscle. I've been using 'slow mo' for a long time, and I can tell you that it DOES work, however, I'd like to suggest that, in your usual workout, you try ONE exercise using 'slow mo' to get the 'feel' and the weight correct, as a full body workout using the system is quite tough, and probably not a good idea for a complete beginner. A 'warm-up' set first would not be a bad idea, either. Also try 10 seconds up and 5 seconds down, as suggested by Nautilus medical therapist, Ken Hutchins, back in about 1980 (check out the 1990 article in US "Flex" magazine by Stephen Wedan, titled "Super Slow" if you can find it). I could have done without the 'rebounding' chapter, and I think Christopher should get someone to edit his writing, as it is somewhat disjointed and repetitive.

I have been reading about high intensity training. This book reviews the exercises and gives links to short videos showing you exactly how to perform the exercises. Very helpful for beginners. Well worth the price of the book.

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