



# Power of 10: The Once-A-Week Slow Motion Fitness Revolution (Harperresource Book)

*Adam Zickerman, Bill Schley*

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**Fitness expert Adam Zickerman presents a revolutionary exercise program – slow strength training – that will forever change the way people work out.**

*The Power of 10* seems to contradict nearly everything we're accustomed to hearing about exercise. Forget hours on the treadmill, and forget daily visits to the gym. This new program offers 20 minute workout sessions, once or twice per week, with an alluring emphasis on rest and recovery on your days off. The principle behind *The Power of 10* is simple: by lifting weights in slow motion, making each rep last 20 seconds (10 seconds lifting and 10 seconds lowering) instead of the typical 7 seconds, you can maximize muscle transformation. The short workouts are so effective that your body will need days to recover and repair properly. Studies have shown that such routines can increase lean body mass, help burn calories more efficiently, and prevent cardio-vascular disease more effectively than aerobic exercise alone.

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