

1% Fitness: Move Better. Train Smarter. Live Longer.

By Mike Sheridan

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1% Fitness: Move Better. Train Smarter. Live Longer. By Mike Sheridan

NOTE: Unlike other workout books, *1% Fitness* includes free lifetime access to a dedicated members site where you can download all 14 weeks of workout routines and watch all corresponding exercises from the book. It's web-based, so you can view it from any computer, any country, and on all smartphone devices.??

With everything else we seek efficiency. Whether preparing food, surfing the internet, or commuting to work, we're looking for the smallest investment in time for the greatest return. And many times this means paying a little up front; which depending on our circumstances, the majority is obliged to do.

Well, what if that same efficiency was possible with exercise?

That all of the fat loss, muscle gain, cardiovascular and metabolic improvements, and reduction in disease risk and mortality can be achieved in far less time.

Would you do it?

If you're already exercising this means more free time, so it's an easy decision. And if you're not already exercising, it's just as easy; as once you understand that the investment in time is less than 100 minutes per week (1%), it's a no brainer.

"Give me 1% of your week, and I'll give you the body you've always wanted...with maybe more time to enjoy it." - Coach Mike

***1% Fitness* shows you how to build the ideal physique and improve your long-term health, with a minimal commitment to exercise. Strength and Conditioning Coach, and Diet and Health Expert, Mike Sheridan delivers his 9 performance principles and progresses you across 7 workout phases, so you're primed for success no matter what your training level.**

Phase 1 establishes a baseline of strength with bodyweight training - using at home workouts that everyone can do, and 4 levels of progression for each bodyweight exercise (so everyone can improve).

Phase 2 introduces the reader to traditional weight training - using workout plans that abide by the principles in the book, and functional strength training exercises designed to minimize workout time, and maximize workout results.

Phase 3 is all about HIIT (high intensity interval training) - with Coach Mike outlining HIITs superiority over endurance exercise (for fat loss, cardiovascular health, and metabolic improvements) and highlighting it's importance in the prevention of muscle loss and physical degeneration, and the maintenance of strength, power, mobility, stability and functional independence with age.

"When you spend the limited time you have available to exercise (100min) focusing on building muscle, you burn more fat in the remaining 9,980min a week." - Coach Mike

1% Fitness **is the exact progressive approach Mike's used with his personal training clients to help them transform into lean, strong, healthy, athletic machines. It's the culmination of 15 years of practical fitness training experience designed to bring you the optimal solution for transforming your body and improving your life without spending hours in the gym.**

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Editorial Review

Review
"1% Fitness is 100% the type of information people need to digest in order to redeem consistent long-term results." - ***Tony Gentilcore, Strength Coach, TonyGentilcore.com***

About the Author
Mike Sheridan has been advising on nutrition and fitness for nearly a decade. His success is due in large part to his philosophy, that "Transformation Starts With Education" - not just showing his clients what to do, but teaching them WHY.

In addition to his **3-Step Transformation Plan** (*Eat Meat And Stop Jogging*, *Live It NOT Diet!*, *1% Fitness*), and newly released "Go With Your Gut" Protocol, Coach Mike continues to share his knowledge and experience via guest articles, blog posts, and personal appearances.

Users Review

From reader reviews:

William Jimenes:

Do you have favorite book? Should you have, what is your favorite's book? Book is very important thing for us to learn everything in the world. Each e-book has different aim or maybe goal; it means that book has different type. Some people experience enjoy to spend their the perfect time to read a book. They can be reading whatever they consider because their hobby is actually reading a book. What about the person who don't like reading a book? Sometime, man feel need book whenever they found difficult problem or perhaps exercise. Well, probably you will require this 1% Fitness: Move Better. Train Smarter. Live Longer..

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