

1. Record Nr.	UNINA990006639010403321
Autore	Kerr, Anthony J. C.
Titolo	The Common Market and how it works / Anthony J.C. Kerr
Pubbl/distr/stampa	Oxford, : Pergamon Press, 1986
Edizione	[3 ed.]
Descrizione fisica	XVIII, 296 p., 23 cm
Collana	Pergamon Oxford Geographies
Locazione	DEC FAGBC FSPBC SE S DI 8/435 Fondo Cupo 111 VII A 152 O/1.2431 KER
Collocazione	
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia

2. Record Nr.	UNINA9910159022303321
Autore	Gibala Martin
Titolo	The One-Minute Workout : Science Shows a Way to Get Fit That's Smarter, Faster, Shorter
Pubbl/distr/stampa	East Rutherford : , : Penguin Publishing Group, , 2017 ©2017
ISBN	0-399-18368-X
Edizione	[1st ed.]
Descrizione fisica	1 online resource (181 pages)
Classificazione	HEA007000HEA028000SCI036000
Altri autori (Persone)	ShulganChristopher
Disciplina	613.7
Soggetti	Interval training Physical fitness Exercise
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	"Finally, the solution to the #1 reason we don't exercise: time. Everyone has one minute. A decade ago, Martin Gibala was a young researcher in the field of exercise physiology--with little time to exercise. That critical point in his career launched a passion for high-intensity interval training (HIIT), allowing him to stay in shape with just a few minutes of hard effort. It also prompted Gibala to conduct experiments that helped launch the exploding science of ultralow-volume exercise. Now that he's the worldwide guru of the science of time-efficient workouts, Gibala's first book answers the ultimate question: How low can you go? Gibala's fascinating quest for the answer makes exercise experts of us all. His work demonstrates that very short, intense bursts of exercise may be the most potent form of workout available. Gibala busts myths ("it's only for really fit people"), explains astonishing science ("intensity trumps duration"), lays out time-saving life hacks ("exercise snacking"), and describes the fascinating health-promoting value of HIIT (for preventing and reversing disease). Gibala's latest study found that sedentary people derived the fitness benefits of 150 minutes of traditional endurance training with an interval protocol that involved 80 percent less time and just three minutes of hard exercise per week.

Including the eight best basic interval workouts as well as four microworkouts customized for individual needs and preferences (you may not quite want to go all out every time), The One-Minute Workout solves the number-one reason we don't exercise: lack of time. Because everyone has one minute--
