

## Exercise for Your Muscle Type The Smart Way to Get Fit

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## Reviews

The publication is great and fantastic. It can be filled with knowledge and wisdom You wont truly feel monotony at at any moment of your time (that's what catalogues are for about if you ask me). (Dr. Marcos Grimes III)

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## EXERCISE FOR YOUR MUSCLE TYPE THE SMART WAY TO GET FIT



Basic Health Pubns. Paperback. Book Condition: New. Paperback. 192 pages. Dimensions: 8.8in. x 6.0in. x 0.7in.Most exercise books offer a generic, one-size-fits-all approach to fitness, with the same workouts for everyone. Unfortunately, not everyone is alike. Each body possesses a unique combination of muscle fibers, and understanding ones muscle makeup can have a huge impact on the success of an exercise program--a fact that, until now, has been largely ignored. The body has both fast-twitch and slow-twitch muscle fibers. Fast-twitch fibers are responsible for explosive, powerful movements--jumping, weight lifting, and so on. Slow-twitch fibers are used during endurance activities, such as walking and running. Exercise ismore effective if it is based on an individuals personal combination of muscle fibers. This book is useful for athletes, weekend warriors, and those just starting an exercise program. Whether a reader is predominantly slow twitch, fast twitch, or a balance of the two, he or she will find the right exercise program for his or her body type in Exercise for Your Muscle Type. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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