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people to high intensity weight training. It presents a ludicrously simple workout routine, along with the well-documented and highly persuasive science to back it up!

Body By Science Review and Big 5 Workout PDFs

Last week I put together an article on

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High Intensity Super Slow Training. This is a type of strength training popularised by Doug McGuff in his book Body By Science, it involves 15-20 minutes of training a week, total. And - if done properly (more on this later) - the results are profound.

Body By Science High Intensity

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Body by Science is a book, co-authored by medical doctor Doug McGuff and bodybuilder John Little, which proposes something that sounds too good to be true: "A research-based program for strength training, bodybuilding, and complete fitness in 12 minutes a week."
Hmm.

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