



Dr. Jordan Metzl's Workout Prescription: 10, 20 & 30-Minute High Intensity Interval Training Workouts for Every Fitness Level

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Dr. Jordan Metzl's Workout Prescription is a compressed workout guide designed for busy professionals in today's world who have little time for fitness and want to maximize results. This book teaches you the science of the compressed, high-intensity workout and provides a series of progressive workouts for every level of athlete. If you can't spare 30 minutes, the book also features condensed and customizable versions of the workouts to target specific areas in a little as 10 minutes.

Dr. Jordan Metzl guides you through topics like motivation, goals, and the importance of proper recovery. With the right high-intensity workout combined with a scientifically designed and periodized training schedule, *Dr. Jordan Metzl's Workout Prescription* delivers maximum results in minimum time in a unique and compelling way that is equally effective for men and women, children and adults.

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