



Quicklet - Tim Ferriss's The 4-Hour Body

Linda Forshaw

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Quicklets: Your Reading Sidekick!

This Hyperink Quicklet includes an overall summary, chapter commentary, key characters, literary themes, fun trivia, and recommended related readings.

ABOUT THE BOOK

Being a mother of three teenagers, staying in shape is important, if only for the purpose of keeping up with them. The problem for me was trying to find the balance between family, work, personal time, and school -- then, fitting my work out plan somewhere in the mix. It is amazing how the 4-Hour Body helped me restructure my weekly workout schedule.

Growing up, I was always an active kid. I was biking up to as much as 15 miles a day during my grade school and junior high years. In high school I was lifting weights with the football team in the morning for phys ed, had dance group after school, and lifted weights again after homework and chores.

It is safe to say, fitness has always been a part of my life. Even as a mom-to-be, I was doing pregnancy-safe exercise programs. The problem is, life set in and I lost my balance and had to find a new way to deal with it.

The 4-Hour body, by Timothy Ferriss, is a no-nonsense approach to some simple life changes that make huge impacts on your body. I needed help in restructuring my weekly work out schedule, so that I am giving my body the exercise it needs.

Between the Six-Minute Abs and From Geek to Freak, The 4-Hour Body gives me the tools I need to create a work out simple and effective enough to make me stick to it, because I am seeing and feeling the results. The 4-Hour Body is exactly what I needed.

EXCERPT FROM THE BOOK

Ferriss introduces us to Arthur Jones and the MED (minimum effective dose or minimum effective load). The idea is that anything done beyond MED is considered useless. This means that if the 2.5% needed to firm and tone your glutes is 5 reps of 10 weighted squats and you do 7 reps of 12 weighted squats, all the energy used to complete the extra 28 squats would not equal to any additional new muscle.

Timothy shows you that weight loss can be as simple as making slight changes in how you already do things like, having breakfast within 30 minutes of waking and eating five to six meals a day of roughly 200 calories each. (Ferriss, 2007)

Buy a copy to keep reading!

CHAPTER OUTLINE

- Quicklet on Tim Ferriss' The 4-Hour Body
 - About the Book

- About the Author
- An Overall Summary
- START HERE: THINNER, BIGGER, FASTER, STRONGER?
- ...and much more
- Tim Ferriss's The 4-Hour Body

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