



The Slow Burn Fitness Revolution: The Slow Motion Exercise That Will Change Your Body in 30 Minutes a Week

Fredrick Hahn, Mary Dan Eades, Michael R. Eades

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Join the Slow Burn Fitness Revolution!

In *The Slow Burn Fitness Revolution*, authors of the three-million-copy bestseller *Protein Power* team up with leading fitness expert Fred Hahn to revolutionize the way America gets strong, lean, and healthy. *The Slow Burn Fitness Revolution* lays out the accumulating body of scientific evidence that shows the spend-hours-in-the-gym approach to exercise is over. The Slow Burn exercise routine gives great results in just 30 minutes a week. With Slow Burn, you will:

- *Get strong fast
- *Increase bone density and ward off osteoporosis
- *Improve cardiovascular health
- *Enhance flexibility
- *Say goodbye to lower back pain
- *Increase your metabolism, and
- *Make your body a powerful fat-burning machine

Slow Burn promises a leaner, fitter, stronger you with a realistic workout that lets you have a great body *and* a life!

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