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# Jailhouse Strong: Interval Training (English Edition)



*Par Josh Bryant, Adam benShea*  
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## Description :

Prsentation de l'diteurAre you logging countless hours on the same, boring piece of cardio equipment or putting in endless miles of joint-destroying, testosterone-ridding road work, while remaining in a perpetual state of physical flaccidity and reaching new depths of mental decay? Instead of interminable days of long, slow cardio that makes you weaker, slower, and eats away at muscle, there is a better way.Interval training is that way!From Penn State to the state pen, High Intensity Interval Training (HIIT) is now accepted as the most time efficient way to lean out and harden up. In this latest edition to the bestselling Jailhouse Strong series, Jailhouse Strong: Interval Training offers effective methods and periodized programs to get your ready for a confrontation at the gas station at 3 am and looking good for the neighborhood pool party. While the workout approach of this book is rooted in the physical culture cultivated behind bars, this book takes the subject of interval training well beyond the confinement of prison walls. In this book there are programs for:Indoor Training Outdoor TrainingCommercial GymsSelf-DefenseVirtually any realityWhether you find

yourself in a plush gym or a minimalist setting, where there is a will there is a way. You provide the will, Jailhouse Strong provides the way. Prsentation de l'diteurAre you logging countless hours on the same, boring piece of cardio equipment or putting in endless miles of joint-destroying, testosterone-ridding road work, while remaining in a perpetual state of physical flaccidity and reaching new depths of mental decay? Instead of interminable days of long, slow cardio that makes you weaker, slower, and eats away at muscle, there is a better way.Interval training is that way!From Penn State to the state pen, High Intensity Interval Training (HIIT) is now accepted as the most time efficient way to lean out and harden up. In this latest edition to the bestselling Jailhouse Strong series, Jailhouse Strong: Interval Training offers effective methods and periodized programs to get your ready for a confrontation at the gas station at 3 am and looking good for the neighborhood pool party. While the workout approach of this book is rooted in the physical culture cultivated behind bars, this book takes the subject of interval training well beyond the confinement of prison walls. In this book there are programs for:Indoor Training Outdoor TrainingCommercial GymsSelf-DefenseVirtually any realityWhether you find yourself in a plush gym or a minimalist setting, where there is a will there is a way. You provide the will, Jailhouse Strong provides the way.