

# 《5-FACTOR FITNESS(保场

## 图书基本信息

书名：《5-FACTOR FITNESS(保持体型的五个要点)》

13位ISBN编号：9780399532092

10位ISBN编号：0399532099

出版时间：2005-12

出版社：Perigee Books

作者：M Sc Pasternak

页数：192

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## 内容概要

Developed through research with some of the world's leading weight lifters and military organizations, Harley Pasternak's fitness and meal plan has been used by Hollywood's biggest celebrities to stay in shape and still have a life.

5-Factor Fitness presents Pasternak's regimen-alternating strength training and aerobics-that lets dieters eat more, work out less, and achieve results in just 5 weeks:

- Work out 5 days a week-at home or at the gym, for only 25 minutes a day, to lose fat, gain lean muscle and increase energy
- Eat 5 meals a day to boost metabolism and reduce body fat
- Follow 5 simple criteria for each meal, and spend only 5 minutes preparing each one
- Indulge in a weekly cheat day: one day a week to satisfy cravings and eat favorite foods

Actors Halle Berry and Benjamin Bratt, pro basketball player Rick Fox and rapper Eve all work out 25 minutes a day, five days a week. They eat five meals a day, and each meal takes five minutes to prepare. And they look like a million bucks. Although this sounds too good to be true, Pasternak, who trains the above-mentioned stars and others, insists it isn't. This easy-to-follow lifestyle guide explains Pasternak's program. Intensity and variety are the keystones of the exercise portion, which simply requires dumbbells and a bench (the plan does include a suspiciously scant five minutes of cardiovascular activity, which readers can complete by power walking or jogging outside, or using a cardio machine at home or at the gym). The diet portion of the plan seems sensible enough; Pasternak urges readers to eat foods that include low-fat, quality protein; moderate carbs; fiber and healthy fat; and to drink sugar-free beverages (he allows one day a week to be a "cheat day"). "Real results" sidebars profile non-famous people who've benefited from Pasternak's approach, including a 74-year-old professor, a 45-year-old film producer and a 37-year-old real estate agent. Backed up with scientific research and including recipes, this book is a refreshingly simple addition to the current diet and health offerings.

The personal trainer to such celebrities as Halle Berry, Christian Slater, and Angela Bassett presents his amazing five-week program for achieving a celebrity body by working out less and eating more. If you're eating three meals a day, exercising an hour or more a day at the gym, and not getting results, you're eating too little and working out too much. Harley Pasternak's Five Factor Fitness shows the five moves for the five/five-minute workout cycles (totaling twenty-five minutes) five days a week. Pasternak explains how to do this at home or at the gym through detailed instructions and illustrations. He includes recipes and a five-week meal plan for the five meals a day, and each meal takes just five minutes to prepare. Nothing in the recipes requires a trip to a specialty or health food store. In five weeks, you'll have the celebrity body you've always dreamed of, and it won't have taken much of your time.

Harley Pasternak, M.Sc., holds an MS in exercise physiology and nutritional sciences from the University of Toronto, and an honors degree in kinesiology from the University of Western Ontario. He is certified by the American College of Sports Medicine and the Canadian Society of Exercise Physiology. His work has been profiled in such national publications as Redbook, Glamour, Fitness and Men's Health, and he has appeared on The Oprah Winfrey Show and other TV programs. Pasternak, a native of Canada, lives and works in Los Angeles.

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## 精彩短评

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