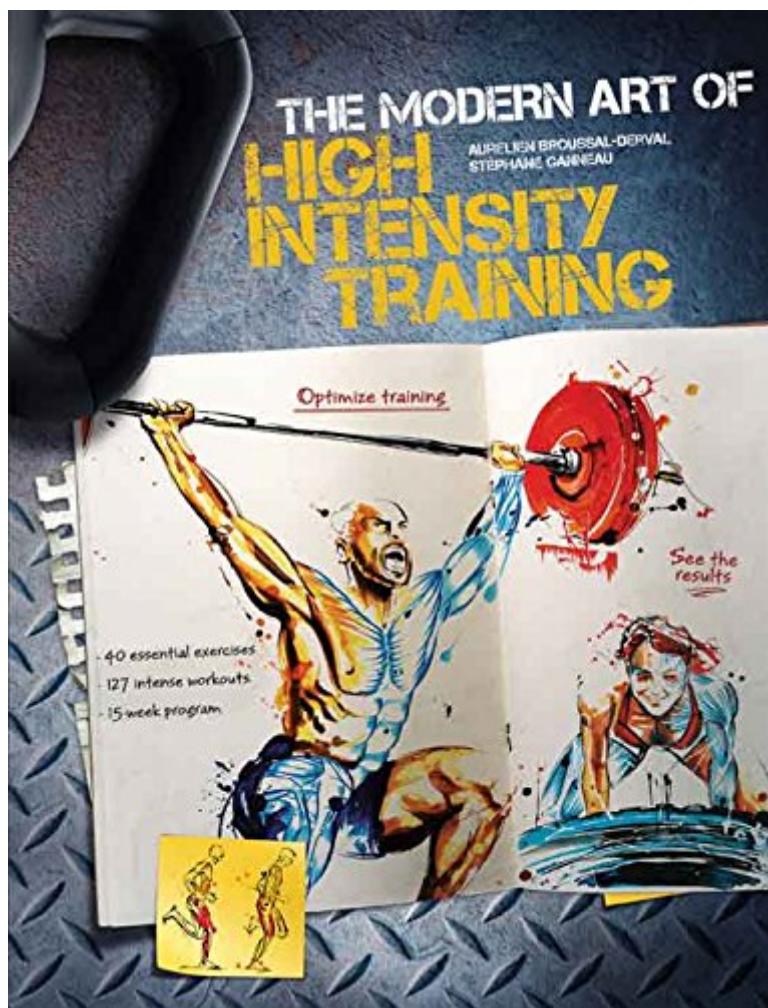


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# Modern Art Of High Intensity Training, The



## Synopsis

A book on high intensity training should deliver an impact equal to the training itself. Lucky for you, this one does. The Modern Art of High Intensity Training is sport and strength, movement and passion. It is a guide like no other. From the stunning artwork to the 127 workouts, it's designed to be a difference maker. Whether you use this resource as a supplement to an existing training program, or replace a program that has become tired and stale, you'll view and use this book time and time again. See high intensity training in an entirely new light. You'll find 40 exercises, each detailed and depicted with art, photos, and modifications; 127 workouts and circuits to mix things up; warm-up, safety, and injury prevention recommendations; and "if you're up to the challenge" an original 15-week program. The Modern Art of High Intensity Training has everything you need and want in a workout program. Change, variety, inspiration, motivation, challenge, and results are rendered and written and delivered to you on every page. So now is the time. Make an impact.

## Book Information

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## Customer Reviews

Very stylish in its artwork - lots of decent understandable pictures as well. It gets to the science behind how/why people should exercise if they're serious about getting lasting results. No machines here - just barbell and sandbags, etc. Like book says - you won't be a success over-night - results will come if you stick with a solid program presented here. Lots of variety options to get the average beginner started and well motivated too. There are better books available for a little more cost - but they would take you farther in a more complete approach to the spectrum of functional training. Excellent binding - glossy style paper makes reading all the more enjoyable ( no re-cycled news print here).

This book is an amazing gateway to a workout that will change your game and your fitness level. I learned tonnes of highly effective moves in this book and helped me to get back on track with my training. Today I definitively feel more fit, stronger, agiler and have better balance. The exercises are challenging and fun and you'll never get bored and with a lot of workouts combos. So much great information packed into this book. I love the full-color pictures and arts of the exercises. This is a whole body/mind book. If you are interested in learning how the body moves and, more importantly, how to exercise to maximise your movement and performance then this book is for you.

During my career as a strength and conditioning coach, I trained international level athletes from a wide range of sports (i.e. ice dance, swimming, snowboard...). Moreover, I read a lot of authors like Zatsiorsky, Bompa, Werchonchanski... and what I like with modern art of high intensity training written by Aurélien Broussel-Derval is the link between sport science theory and practical applications. Topping on the cake, you have amazing anatomy illustrations by Stéphane Gano !

Just picked this up and completely impressed. A good batch of exercises alongside workouts. This isn't technically crossfit, but if that's what you're into, this will definitely appeal to you - very complementary in that sense. Still, the best part of this book (to me) is the artwork. It's not anatomy in the pure sense, but it's beautiful. The style is on the cover. If that appeals to you, the inside will blow you away.

A great book, in form and substance. On the one hand, it's well written, with amazing illustrations. On the other hand, the content is really rich, both with technical and scientific explanation and a lot of concrete examples. This book is for sure a very useful and efficient tool for trainers, crossfitters, and athletes in general.

Just received my copy of The Modern Art of High Intensity Training and can't put it down. It's a really informative book with great exercises. Plus the illustrations are amazing with great detail.

Very interesting approach about cross training and what about the highest quality and details of pictures. I'm very satisfied about my choice. Awesome book and very original.

Awesome book! Very impressed by images!

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