



# The Slow Burn: Fitness Revolution

*Frederick Hahn, Michael R. Eades, Mary Dan Eades*

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The new, revolutionary exercise phenomenon to hit America is now coming to the UK. Slow Burn is a scientifically supported method of exercise that will change your body shape, burn fat, improve your strength, health, flexibility and get rid of back pain - all achieved through a controlled, slow-motion, but easy-to-follow exercise routine that takes no more than thirty minutes and that should be followed just once a week. Slow Burn is a result of recent scientific evidence that shows how performing specific exercises at a far slower pace than conventional exercise will trigger a process within the muscles, causing them to grow and strengthen. The muscles are pushed to a point of fatigue so that in the days that follow - when you're not exercising - the body works to build up the muscle again. Written by personal trainer Fred Hahn, Slow Burn is a safe, simple and highly effective routine, which promises to turn your body into a powerful fat-burning machine.

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