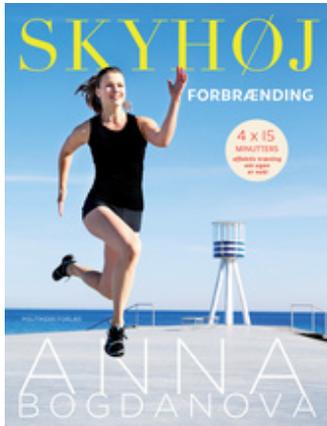


Sky-high metabolism

Skyhøj forbrænding

by Anna Bogdanova



A 7-week everyday tested plan for smooth metabolism, stress-less body and curves like an hourglass

4x15 minutes of exercise a week is enough!

- Do you have trouble keeping weight?
- Does your body withstand your attempts to become stronger and leaner?
- Do you lack the energy to exercise or overcome little things in everyday life?

This book will test your body's ability to metabolize and lead you through a 7 week course which kick-starts your metabolism and boosts your combustion. Once your combustion is flexible and to the max, you breeze through the rest of the course, throwing away excess pounds and get in shape. Without limits to your food nor by militaristic training.

In 7 weeks, you will bring your body to a balance where it easily burns off fat. By adjusting your diet, training and your restitution, you and your body will work together. Energy and vitality to the max!

Anna Bogdanova works as personal trainer, coach and health journalist specializing in body transformation through proven, down to earth strategies. In her writing she passes on her extensive knowledge of human physiology in a clear and effective plan that revitalizes the slightly sluggish and slow or stagnant combustion.

She has studied processes of change at Copenhagen Business School and as Senior Trainer at Z-Health Performance, which is a higher education within applied neurology and movement. Her understanding of the neural and physiological stress mechanisms makes it possible to tailor the training and lifestyle strategies to suit even the most hectic everyday lives, which strengthens the body rather than breaking it down.

Anna has done powerlifting competitively and with her Russian background, she has gained insight into the most effective strategies to create a strong and vital body, as the Russians are way ahead of the West in relation to exercise science. In addition, she has for years been trend-spotter and training expert for a large number of women's magazines in Denmark.



SPECIFICATIONS

Pages: 216

Publication Date: 15. maj 2014

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PLEASE CONTACT

Rudi Urban Rasmussen

Literary Agent

rudi.u.rasmussen@jppol.dk

Tel. +45 20 89 31 88

