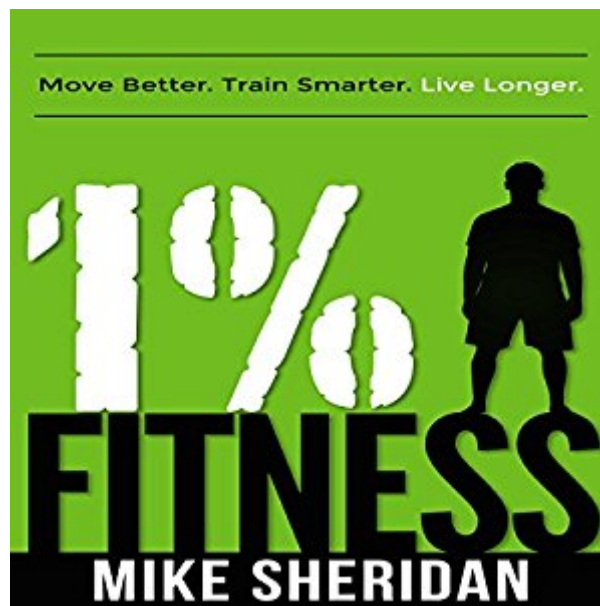




The book was found

# 1% Fitness: Move Better. Train Smarter. Live Longer.



## Synopsis

NOTE: Unlike other workout books, 1% Fitness includes free lifetime access to a dedicated members site where you can download all 14 weeks of workout routines and watch all corresponding exercises from the book. It's web-based, so you can view it from any computer, any country, and on all smartphone devices. With everything else we seek efficiency. Whether preparing food, surfing the internet, or commuting to work, we're looking for the smallest investment in time for the greatest return. And many times this means paying a little up front; which depending on our circumstances, the majority is obliged to do. Well, what if that same efficiency was possible with exercise? That all of the fat loss, muscle gain, cardiovascular and metabolic improvements, and reduction in disease risk and mortality can be achieved in far less time. Would you do it? If you're already exercising this means more free time, so it's an easy decision. And if you're not already exercising, it's just as easy; as once you understand that the investment in time is less than 100 minutes per week (1%), it's a no brainer. "Give me 1% of your week, and I'll give you the body you've always wanted...with maybe more time to enjoy it." - Coach Mike

1% Fitness shows you how to build the ideal physique and improve your long-term health, with a minimal commitment to exercise. Strength and Conditioning Coach, and Diet and Health Expert, Mike Sheridan delivers his 9 performance principles and progresses you across 7 workout phases, so you're primed for success no matter what your training level. Phase 1 establishes a baseline of strength with bodyweight training - using at home workouts that everyone can do, and 4 levels of progression for each bodyweight exercise (so everyone can improve). Phase 2 introduces the reader to traditional weight training - using workout plans that abide by the principles in the book, and functional strength training exercises designed to minimize workout time, and maximize workout results. Phase 3 is all about HIIT (high intensity interval training) - with Coach Mike outlining HIIT's superiority over endurance exercise (for fat loss, cardiovascular health, and metabolic improvements) and highlighting it's importance in the prevention of muscle loss and physical degeneration, and the maintenance of strength, power, mobility, stability and functional independence with age. "When you spend the limited time you have available to exercise (100min) focusing on building muscle, you burn more fat in the remaining 9,980min a week." - Coach Mike

1% Fitness is exact progressive approach Mike's used with his personal training clients to help them transform into lean, strong, healthy, athletic machines. It's the culmination of 15 years practical fitness training experience designed to bring you the optimal solution for transforming your body and improving your life without spending hours in the gym.

## Book Information

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## Customer Reviews

I will preface this review by saying I read this on my Kindle and I was able to purchase it when it was offered as a promo for free. Regular Kindle price is \$9.99. This is Sheridan's premise: "That all of the fat loss, muscle gain, cardiovascular and metabolic improvements, and reduction in disease risk and mortality can be achieved in far less time." Specifically, he says you can do this in 108 minutes or less a week through strength/resistance training. And I will say from the start that I do agree with him that strength/resistance training are a crucial component of a fitness plan, I do not believe that it is all you must do. (And with enough time and resources, I am confident that I could find just as many references to make my case.) Neither does he, really, but I'll get to that a bit later in the review. Here are the reasons for the low rating. Editing. Sheridan needed to invest in a good editor for his book. Problems include wrong word choice, missing or extra words, typographical errors, numerous sentence fragments, and more. One example is "happens on a comfortable thrown that washes your business away" (referring to a toilet). Another example is this sentence: "Bicep curls seem to only be superior for improving ATTENTION every day life." Or the chart where he talks about doing Reps/Weight when the chart is actually weight/reps. There are many more examples. Formatting. I don't know what the physical book looks like, but the Kindle one is awful. There are many times when lines are repeated from one page to the next and the illustrations are basically useless on the Kindle. If you enlarge them to try to read the charts and graphs, most of the line graphs are still too small to see, and the legends and captions for almost all of them are too blurry to read. Errors and questionable facts. Sheridan's whole premise is that you need only devote 1% of your time each week to this fitness plan. Which he describes as "10,800min in a week\*1%."

First there are obvious typos in there. Second, the actual number of minutes in a week is 10,080. You lose all credibility when you can't even get this much correct. As another example, he describes abdominal muscles as primarily fast twitch. I can find no reference that supports this. In fact, most of the references I found state that all of your core muscles are predominantly slow twitch. Those are just two examples, but there are many more.

**Marketing Bait and Switch.** Anyone picking up this book is going to think that they are getting a way to become fit in just a few minutes per week. However, Sheridan tells you in the introduction that he expects you to have read and to be following the principles in his other two books. One is his diet book that, from what I can infer from what he says in this book, is basically an Atkins-style low- or no-carb diet. The other book I think talks about his "lifestyle" changes. (I refuse to give this man money to buy these books. I don't like this trend of self-published authors to deliberately write books that force you to buy additional books to get the full plan or read the full story. If your book isn't good enough to stand on its own, don't write it.) Also, when you get to the end of this book where he finally describes the exercises, there are charts that name the exercises and tell you the number of reps, but there are no pictures or descriptions of them. I challenge all of you to do a Glute Bridge L2 right now. What is that? Who knows? (I also just noted that you go from Glute Bridge L2 to Glute Bridge L4 with no L3. I assume this is another editing problem.) In order to get the descriptions, you need to go to his website and provide an email address to sign up for his mailing list. At which point he sends you a discount code so you can go to another website to get the videos for the plan. However, even with the discount code, the website wants you to enter your credit card information. This is beyond deplorable in these times of rampant identity theft and credit card theft. If he wants to put the stuff behind a password protected wall, that's fine. Do not ask people to provide credit card information. (FYI, if you go to YouTube and search for his name and the name of the exercise, you should be able to find most if not all of them.)

**Misleading.** He asserts you can get fit in just 1% of your time each week (what he states is 108 minutes which, as noted above, is wrong and should actually be 100.8 minutes). However, you are supposed to be doing his lifestyle changes outlined in a different book which involve 30 minutes per day of walking along with some functional exercises and activity breaks every 45-60 minutes. So, way more than 1%.

**Citations.** Sheridan provides a ton of citations. Unfortunately, they aren't formatted consistently (some don't even include a publication date), and I was never able to figure out how they are ordered. I tried to look up the citation for a couple of things he referenced in the book, but I shouldn't have to read through up to 8 or 9 pages of references (per chapter) to find the one study I want to read.

So again, I do agree that a fitness plan needs a good strength training program. However, I cannot recommend this plan or this book.

I've been impressed so far by the informative books *Eat Meat and Stop Jogging*, and *Live It NOT Diet!*, and I'm pleased that *1% Fitness* is just as good. I'm such a fan of how much scientific data is included, plus helpful diagrams of workout moves, and everything is fully annotated at the end. Amazingly, a lot of advice a successfully fit friend of mine gave me was mirrored here! I always wondered if they were just "lucky" with good genes, but seeing the science to support everything makes me feel more motivated. I am definitely a novice still at strength training, and other than when I get into music and dance hard, I dislike typical cardio. So I'm glad to learn how someone like me can slowly progress by just trying to best myself each time...and cardio is discouraged! Good form and intensity are more important, and it's important to not overdo it like working out is a marathon or way to show off. I have already seen great improvements in how I look and feel from implementing the other phases, so I can't wait to work through phase 3. I feel like this will be the hardest for me since I've never been athletic, and gyms intimidate me a bit, but trying to focus on small progress seems very realistic and perfect for me. I know I'll be referencing this book many times along the way. Good luck everyone!

I've been on the weight roller coaster for most of my adult life - after having two kids. I used the fact that I'd had two kids as a "valid" excuse to slack on my physical appearance and fitness level. I decided a couple of years ago to change that, and I did tons of cardio, counted calories, joined online groups, and I did lose 27 pounds before a trip to Europe (Paris, Romania, Holland) with my husband. So what did I do when we returned? I gained it all back and then about 13 more pounds to boot. I stopped everything. I decided to give it another go about three months ago. I've been doing quite well. Lots of cardio, counting calories... started down the same road that I was successful with a couple of years ago. Then I started doing some research and decided to mix it up some. Do things a little differently. The last book I reviewed was *Eat Meat and Stop Jogging* (also by Mike Sheridan). It kindled a new determination, so I decided to read *1% Fitness*, too. I'll be honest; I was skeptical. Reduce cardio and start lifting weights..? But I don't want to bulk up, I just want to tone. During the last week (or 10 days?) since I bought the book, I've started lifting more and doing less cardio. I haven't had much time to see results yet, but I can say that I'm not bored while running on the treadmill or on the stair stepper. I enjoy my gym trips more because I've started circuit training, and I've even changed the way I workout at home. I've started doing more high intensity interval training to "shock" different body parts. I'll update as time goes, but so far I'm enjoying changing things up and doing everything differently. And I believe other reviewers are correct when they say that Mike

knows what he's talking about.

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