

# Body by Science: A Research Based Program for Strength Training, Body building, and Complete Fitness in 12 Minutes a Week

This is an interesting approach to strength training that I'm currently using. I like that it gets me in and out of the gym and I like that it kicks my ass. You might look at the title and wonder how anything that can be done in 12 minutes a week can kick your ass. I'll try and explain. First, my workouts usually last a little longer than 12 minutes but not much. I do a quick 5 minute warm up on the elliptical just to get the blood flowing and, after I finish Mc Guff's workout, I spend a few minutes on some ab work.

But here's how you can get whipped in 12 minutes:

You only do 5 weight lifting exercises, but you do them super slow. Using the bench press as an example—pushing the weight up to a count of 10 and lowering it to the count of 10. McGuff recommends using machines so you don't have to worry about having a spotter and so that you don't have a bar bell in the throat. The reason that you have to worry about the bar bell in the throat is because you do each exercise until failure.

And that's the interesting and the challenging part about Mc Guff's approach. Failure isn't that part where the lift starts to get uncomfortable, failure is where your muscles are screaming and you literally can't move the bar. That's failure and that's how you can have your ass kicked in 12 minutes. It's as much mental as it is physical.

McGuff goes into all of the krebs cycle, glycogen depletion, multiple muscle fiber types and recruitment sequences in a fair amount of detail in the book which appealed to the science geek in me that may or may not be of interest to you. However, what I appreciate the most about his approach is that is challenging, yet do-able and I'm not chewing up hours in the gym.

Go get better with failure.