



Dr. Jordan Metzl's Workout Prescription: 10, 20 & 30-minute high-intensity interval training workouts for every fitness level

By Jordan Metzl MD

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Dr. Jordan Metzl's Workout Prescription is a compressed workout guide designed for busy professionals in today's world who have little time for fitness and want to maximize results. In this book, Dr. Jordan Metzl explains the science of the compressed, high-intensity workout and provides a series of progressive workouts ranging from 10 to 30 minutes that can be done anytime, anywhere, using minimal equipment.

This book also guides you through topics like motivation, goals, and the importance of proper recovery. Dr. Metzl's high-intensity workout, combined with a scientifically designed and periodized training schedule, delivers maximum results in minimum time in a unique and compelling way that is equally effective for men and women, children and adults.

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Editorial Review

About the Author

Jordan Metzl, MD is the author of *The Exercise Cure*, *The Athlete's Book of Home Remedies*, and *Dr. Jordan Metzl's Running Strong*. He is a nationally known sports medicine physician at New York City's Hospital for Special Surgery. He appears regularly on the esteemed *New York Magazine's* Top Doctors list. Prior to joining NYC Hospital for Special Surgery, Dr. Metzl completed his fellowship in sports medicine and dance medicine at Harvard Medical School and Boston Children's Hospital. He lives in New York City.

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