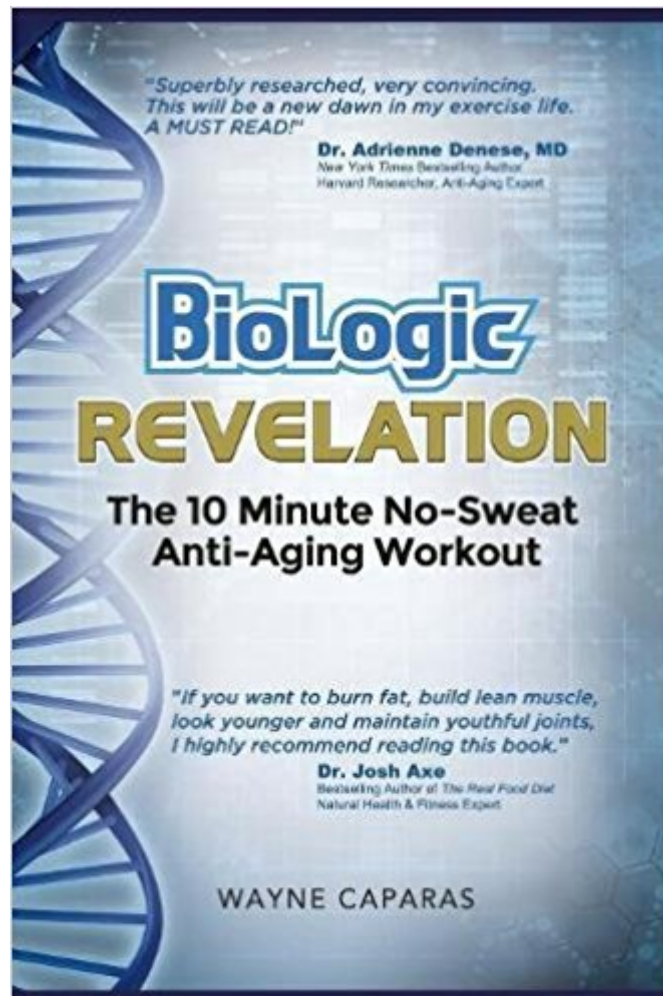




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# Biologic Revelation: The 10 Minute No-Sweat Anti-Aging Workout



## Synopsis

Expert Reviews: "Superbly researched, very convincing. . . BioLogic Revelation is a New Dawn in the way we need to work out. Forget your daily, hour long, sweaty, modestly effective exercise routine. You need quality, over quantity. There is a better, quicker, more effective way for better results based on solid scientific research. Personally, I modified my routine based on these well-researched facts and I am loving the results. A MUST READ!" •Dr. Adrienne Denese, M.D. New York Times Bestselling Author Harvard Researcher, Anti-Aging Expert "If you want to burn fat, build lean muscle, look younger and maintain youthful joints then I highly recommend Wayne's new book BioLogic Revelation. In this book Wayne unlocks the secrets to not only getting in the best shape of your life but also how to use fitness to help you slow the aging process. If you're ready to transform your health and fitness level with less effort then I highly recommend reading this book and implementing the cutting edge and science-backed workout routine Wayne has created." •Dr. Josh Axe, Bestselling Author Natural Health & Fitness Expert Founder, DrAxe.com "BioLogic Revelation is going to revolutionize the fitness industry with its heavily researched, time-proven body of work. . . As a proponent of non-punishing fitness, I am relieved Wayne Caparas has written BioLogic Revelation. Now I have the resource to prove that more is not better, harder is not the answer, and proper form is always key to the results one needs and wants. Thanks to this groundbreaking book, undeniable proof is finally in black and white for all to see. Talk about a revelation!" •Suzanne Bowen, Creator of BarreAmped Internationally Renowned Fitness Expert Founder, SuzanneBowenFitness.com "Cutting-edge yet easy to read and understand, Biologic Revelation is a truly original work, rich with innovative exercise techniques, exhaustive research, nutrition advice, and motivational strategies. . . Reading this book and following the program will change your life!" •Dr. William Maguire, Jr., M.D. Two-Time Post and Courier Golden Pen Winner "I've been using variations of BioLogic Workouts for nearly a decade and the results have been phenomenal. So much so, that I started teaching the protocols of the BioLogic Method to my patients six years ago and all who stay the course enjoy the full cascade of benefits detailed in BioLogic Revelation." •Dr. Ben M. Sweeney Author, Natural Health & Healing Expert "Wayne is offering something new and fresh. He will challenge established fitness philosophy and back it up with solid scientific research. BioLogic Revelation has the potential to change the fitness landscape." •Dr. Kevin R. Baird, D. Min. Founder/Executive Director The Bonhoeffer Institute "BioLogic Revelation is a great work in every way. . . Wayne's writing style makes this information-rich text exceptionally colorful and enjoyable to read, so you should have no problem making sense of all the science and putting it into action." •Scott Hasenbalg,

Family Advocate President of Redemptive Ventures, LLC Founding Executive Director of Show Hope • I know those in the fitness field will have difficulty upsetting their historic apple carts. • But if they can be open to new discoveries and the secrets revealed in BioLogic Revelation, many lives will be saved, and the joy for life will be multiplicatively enhanced. • Dr. Michael A. Kollar, Ed.D. Outstanding Lifetime Contribution To Psychology Award from the South Carolina Psychological Association

## Book Information

Paperback: 358 pages

Publisher: WestBowPress (April 21, 2017)

Language: English

ISBN-10: 1512775649

ISBN-13: 978-1512775648

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 6 customer reviews

Best Sellers Rank: #690,045 in Books (See Top 100 in Books) #201 in Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts

## Customer Reviews

While still in his early thirties, just before the turn of the century Wayne Caparas emerged as one of the top pioneers of the modern fitness industry. Upon garnering numerous awards and published accolades, his chain of Charleston, SC health clubs gained acclaim among the most innovative fitness organizations in America. Also a publisher in the burgeoning genre of women's fitness, Wayne co-developed the award-winning Vie Magazine and was instrumental in the conception and launch of Oxygen Magazine, serving as a contributing editor for its first three years on the newsstand. In addition to lecturing for the American Council on Exercise (ACE) and IHRSA, Wayne broke new ground as a research journalist for Oxygen and other publications. His most lasting impact on the fitness industry, however, likely came through his pioneering of obstacle course events for television, as his team gained high praise from ESPN for advancing the sport before any of the current broadcast competitions existed. In the late nineties, after being diagnosed with an often-debilitating thyroid disorder (Graves Disease), Wayne liquidated his fitness industry interests and turned his focus toward research and experimentation that sparked BioLogic Revelation. He continues today as a writer, media artist, and volunteer to a large number of organizations including

the Fellowship of Christian Athletes. Now well into his fifties, Wayne is stronger and healthier than ever. He currently lives in Franklin, Tennessee with his wife Stacey, their children, and their growing extended family.

Excellent read! It's a well written book that's easy to understand. I'm 74 years old and have never found an exercise program that I could follow so easily and enjoy doing in the comfort of my own home. I feel better and have started to lose inches. It's amazing that a 10 minute workout could be so effective. And as the research will prove, this is no mere fitness fad, but a real scientific breakthrough.

This book is a must read...for everyone, any age. The evidence Wayne provides is clear cut, well researched and unassailable. And there is a preponderance of evidence on how to properly exercise for the greatest health benefits. If you are interested in increasing muscle mass as well, Wayne shows you how to properly do so. There is hardly a more important book to read because everything starts with a good healthy body and how to do it right. The book also has an accompanying exercise app that is very easy to use, suggesting different exercises and tracking your workouts.

The BioLogic Method targets specific muscle groups with short intensified workouts that you rotate so your muscles can heal completely before working them again. This book is an eye opening read. The extensive research will hopefully open the eyes of the fitness industry. As a women in the mid-life age group, it is definitely a program that will benefit me. While I love to workout with weights, I will be adding his routine into my schedule so I can protect my body and joints to maximize my workout in the best manner. After all, I am all about no sweat and who doesn't have 10 minutes to workout? Quality over quantity wins every time! \*\* copy received for review consideration

This is a must read for everyone. I know I will have to read and re-read this and I look forward to the videos once they are available. Biologic Revelation will revolutionize your whole thought pattern when it comes to physical fitness. Wayne Caparas thank you for your research and personal knowledge that is found within. Well done!

"The 10 Minute No-Sweat Anti-Aging Workout" certainly sounds enticing which makes reading & trying "Biologic Revelation" an easy decision. Thanks to Wayne Caparas' explanations & research,

this book makes a lot of sense. The information is easy to follow and provides results. Wayne's discoveries reveal a link between specific muscle fiber activity over a very short-duration that has the ability to improve metabolic health, fight disease, and slow the aging process. I would recommend this book for people of all ages and all fitness levels. It is a non-punishing effective workout plan, and, one that everyone should adopt, or at least incorporate in their fitness regimen.

Brilliant! Finally a voice of reason with the research and knowledge to back these facts!

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Fit (Calisthenics, Calisthenics Bodyweight Workout, Calisthenics ... Workout, Bodyweight Exercises Book 1) Don't Sweat the Small Stuff . . . and It's All Small Stuff: Simple Ways to Keep the Little Things from Taking Over Your Life (Don't Sweat the Small Stuff Series) Don't Sweat the Small Stuff for Teens: Simple Ways to Keep Your Cool in Stressful Times (Don't Sweat the Small Stuff Series) Anti Inflammatory Diet: 1000 Anti Inflammatory Recipes: Anti Inflammatory Cookbook, Kitchen, Cooking, Healthy, Low Carb, Paleo, Meals, Diet Plan, Cleanse, Whole Food, Weight Loss, For Beginners Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan) (Volume 2) Anti Inflammatory Diet: The Ultimate Anti-Inflammatory Diet Recipes!: Top Anti-Inflammatory Diet Recipes for Beginners Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan Book 2)

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