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The Women's Health Big Book Of 15-Minute Workouts: A Leaner, Sexier, Healthier You--In 15 Minutes A Day!



Synopsis

Time is every woman's most precious commodity •and a lack of it is the number one reason, in survey after survey, that women give for why they don't exercise. But research now shows that as little as 15 minutes of resistance training is just as effective in spiking one's metabolism as a workout lasting more than twice as long. All it takes is 15 minutes to achieve lifelong results •and women are more likely to stick to an exercise plan if it's chopped down to those 15 minutes. *The Women's Health Big Book of 15-Minute Workouts* - by Selene Yeager and the editors of *Women's Health* - is both an introduction to the fundamentals of short workouts and a comprehensive collection of hundreds of the most effective ones. These workouts have been designed for every fitness goal, from total body conditioning to targeting trouble spots with exercises like the 15 Minute Flat-Belly-without-a-Single-Crunch Workout. Other highlights include: -an eating plan with delicious meals that take 15 minutes or less to prepare -workouts for when you're stuck in traffic or traveling and can't make it to the gym -hundreds of tips from America's best trainers, nutritionists, and exercise scientists

Book Information

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Customer Reviews

This big book shows dozens of quick workouts. Many of the workouts are basically about 15 minutes of circuit training. These exercises are designed to get a lean, fit and toned body as pictured by the lady on the cover, as opposed to bulding up. Here's how the workouts go. In general, a few specific exercises are performed intensely and then repeated in a cycle or circuit. The key to getting the workout down to 15 minutes is that there is minimal rest between the exercises. The rest

between the circuits is minimal too. In terms of layout, color photos are large and clear, illustrating the exercises well. I liked the range of workouts, including bodyweight exercises with no equipment required. Some workouts use dumbbells. If you are at a gym or have workout equipment, you may make use of the workouts that use a barbell, a step, a large (Swiss) ball, a medicine ball, tubing, a bench and a few other tools. There are 77 workouts. (71) 15-minute workouts (2) 1-minute workouts (1) 4-minute workout (3) 5-minute workouts Here is a list of some of the 15-minute workouts. Exercises are listed for a few workouts. High school reunion workout 1: Here are the exercises for this workout.

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