

The book was found

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

Paperback: 416 pages

Publisher: Rodale Books (October 25, 2011)

Language: English

ISBN-10: 1609617371

ISBN-13: 978-1609617370

Product Dimensions: 8 x 0.9 x 8.4 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (63 customer reviews)

Best Sellers Rank: #96,495 in Books (See Top 100 in Books) #37 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts](#) #368 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

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 building 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.

[Download to continue reading...](#)

The Women's Health Big Book of 15-Minute Workouts: A Leaner, Sexier, Healthier You--In 15 Minutes a Day! How to Lose Weight with Minimal Effort: Leaner, Sexier, Healthier, and Happier, Using Self-Hypnosis (Weight Loss Book 1) Mastering the Life Plan: The Essential Steps to Achieving Great Health and a Leaner, Stronger, and Sexier Body Swim Workouts for Triathletes: Practical Workouts to Build Speed, Strength, and Endurance (Workouts in a Binder) Pure Green: 100+ Delicious Green Smoothie Recipes For A Sexier, Healthier, More Vibrant You! The Life Plan Diet: How Losing Belly Fat is the Key to Gaining a Stronger, Sexier, Healthier Body Five Minute Gratitude Journal: 5 Short Minutes A Day To Develop An Attitude of Gratitude (Five Minute Journals) (Volume 1) The Lever Bar™ Training Manual: For Stronger, Leaner & Muscular Abs, Obliques & Lats in Minutes a Day from Home The Men's Health Big Book of Exercises: Four Weeks to a Leaner, Stronger, More Muscular YOU! One-Hour Workouts: 50 Swim, Bike, and Run Workouts for Busy Athletes Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) Lean in 15: 15-Minute Meals and Workouts to Keep You Lean and Healthy The 4 x 4 Diet: 4 Key Foods, 4-Minute Workouts, Four Weeks to the Body You Want Ani's Raw Food Detox [previously published as Ani's 15-Day Fat Blast]: The Easy, Satisfying Plan to Get Lighter, Tighter, and Sexier . . . in 15 Days or Less 21 DAY FIX: 30 Top 21 DAY FIX RECIPES with complete container count PREP IN 15 MIN OR LESS (21 day fix recipes, 21 day fix cookbook, 21 day fix book) Gluten Free Cookbook for Busy People on a Budget: 50 Delicious 30-Minutes-or-Less Recipes for Weight Loss, Energy & Optimum Health (Nutritious ... for Healthier Living series) (Volume 1) Gluten Free Cookbook for Busy People on a Budget: 50 Delicious 30-Minutes-or-Less Recipes for Weight Loss, Energy & Optimum Health (Nutritious Gluten-Free Recipes for Healthier Living series 1) The 5-Minute Clinical Consult Standard 2015: 30-Day Enhanced Online Access + Print (The 5-Minute Consult Series) Five Good Minutes: 100 Morning Practices to Help You Stay

Calm and Focused All Day Long (The Five Good Minutes Series) Abs and Core: The Suspension
Abs Solution: 4 Simple Suspension Workouts That Will Help You Get Sexy Abs An Athletic
Physique Shed Stubborn Fat Perform It Anywhere In 15 Minutes Or Less

[Dmca](#)