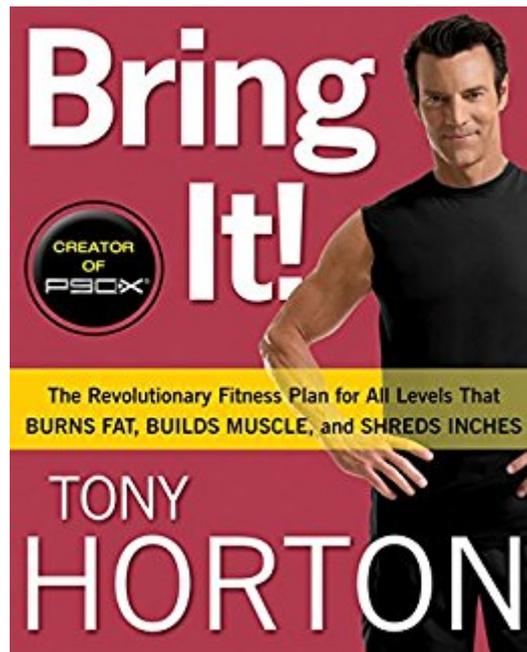


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Bring It!:Â The Revolutionary Fitness Plan For All Levels That Burns Fat, Builds Muscle, And Shreds Inches



Synopsis

Creator of the best-selling P90X workout series, Tony Horton shows you how to Bring It! for the results you want. Over the past 25 years, Tony Horton has helped millions of people--from stay-at home moms to military personnel to list celebrities--transform their bodies and their lives with innovative workouts and cutting-edge advice. Now in his first book he shares the fundamentals of his fitness philosophy with millions more, revealing his secrets for getting fit and healthy and melting away pounds. One-size-fits-all diets and exercise regimens just don't work--that's why Tony creates unique programs for each of his clients. In Bring It! he shows you how to build your own diet and fitness plan tailored to your individual lifestyle, preferences, and goals. With a Fitness Quotient (FQ) quiz designed to assess your likes, dislikes, and current fitness level, you can choose the program that's right for you. In photographs and easy-to-follow instructions, Tony demonstrates his unique moves and exercise combinations that include cardio fat burners, lower body blitzers, core strengthening, plyometrics, yoga, and more. You'll also discover Tony's fat-blasting eating plan and detox tips, delicious recipes, and mental motivators. Whether you've never been to the gym before, are looking to get bikini ready, or simply want to take your workout to the next level, Tony Horton can give you the results you've been looking for. A better body--and future--is possible when you commit to change. Get ready to Bring It!

Book Information

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Customer Reviews

I am a huge Tony Horton fan, and have completed one round of P90X, so I jumped at the chance to get this book. I absolutely admire Tony's enthusiasm for life and ability to motivate people in improving their fitness and eating habits. For the \$14 or so you pay, the book is substantial and well illustrated. Much of its content was copied from his blog. After reading, I found the book to be decent, but lacked any new or breathtaking material I could work with. Overall, I felt this book is great for most people in need of motivation and basics, but not good for die hards who have completed P90X. Here are my two major beefs: 1. The book includes approximately 80 pages (of its total 284) of strictly photos of him doing various exercise moves, a la Men's Health Magazine. In an interview Tony did a while back, he joked about how difficult it is to replicate those little diagrams of the exercises you see in fitness magazines, thus the reason following exercise DVD's such as P90X is so great. So, if working out to a DVD is superior to looking at tiny photos, (which I agree with) than why develop this book with so many little photos?! You simply can't see the correct form very well, and it's uninspiring. What are readers going to do, carry the book into the gym with them? In a way, this book actually conflicts with P90X by deviating from it and rarely even references P90X. Tony, you have sold over 3 million copies of these dvd workouts, so why make an exercise book that rarely references P90X? 2. The book targets every possible demographic- young, old, male, female, etc to the point that it is boring. It lacks the insight and depth you would get from a more serious approach to fitness.

Tony's success has put him in an awkward position; so many people have had their lives drastically changed by p90x that they look to each new product to recreate that phenomenon. As a p90x graduate, I approached the book with medium-expectations. It's clear that the people who will benefit the most from this book are people who are new to the Tony Horton "brand." But, don't get me wrong: there is still enough knowledge, advice and motivation for everyone to get hyped about making positive changes in their life. The one thing that I've always appreciated about Tony is his no gimmick, no-nonsense attitude towards health and fitness. He has capitalized on the fact people are tired of being offered the magic pill, potion or equipment piece to solve all of their fitness problems. This book's tone is no different. Most of his suggestions are very common-sense, but he cuts through the bull so you can apply them to your life. For people new to Tony, this book has a wealth

of information that has helped change people's lives all over the world. I believe that you will find the advice refreshing because of its sincerity. It has everything you need to get started to change your life: nutrition, workouts and motivation to keep you on track. Tony really believes in being all-around fit, so expect a good mix of strength, cardio, balance, and flexibility moves throughout the program. For those who have used P90x, this book still has some benefits. There are several challenges, maxims, and lists to follow to bring your results to the next level. If you are stuck in a rut and need some motivation, this book is definitely worth a look.

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