

A Leaner, Sexier, Healthier You—In 15 Minutes a Day!

THE **Women's Health**

BIG

BOOK *of*

15 **MINUTE**
WORKOUTS

By **SELENE YEAGER** and the editors of *Women's Health*



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The Women's Health Big Book of 15-Minute Workouts: A Leaner, Sexier, Healthier You--In 15 Minutes a Day!, Selene Yeager, Editors of Women's Health, Rodale, 2011, 160961738X, 9781609617387, 416 pages. 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 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.

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The Men's Health Big Book of Exercises Four Weeks to a Leaner, Stronger, More Muscular YOU!, Adam Campbell, Dec 22, 2009, Health & Fitness, 472 pages. Presents a reference guide of exercise for every part of a man's body, including 612 core exercises, more than one hundred workouts, a four-week diet plan, and a listing of fat

PUSH (Enhanced Edition) 30 Days to Turbocharged Habits, a Bangin' Body, and the Life You Deserve!, Chalene Johnson, Dec 20, 2011, Health & Fitness, 320 pages. Fitness superstar Chalene Johnson creates a revolutionary 30-day system that will allow readers to transform their bodies, their diets, and their lives! Chalene Johnson built a

The Women's Health Big Book of Pilates The Essential Guide to Total-Body Fitness, Brooke Siler, Editors of Women's Health, Oct 22, 2013, Health & Fitness, 432 pages. Celebrity trainer and Pilates guru Brooke Siler teams up with the editors of Women's Health to offer a comprehensive, authoritative manual on this proven fitness philosophy

The IMPACT! Body Plan Build New Muscle, Flatten Your Belly & Get Your Mind Right!, Todd Durkin, Sep 27, 2011, Health & Fitness, 304 pages. Todd Durkin is the most sought-after personal trainer in sports, and if you don't know his name, you've definitely seen his work. He is the man who helped world-class athletes

The New Rules of Lifting For Life An All-New Muscle-Building, Fat-Blasting Plan for Men and Women Who Want to Ace Their Midlife Exams, Lou Schuler, Alwyn Cosgrove, Apr 26, 2012, Health & Fitness, 320 pages. A customizable fitness program created for middle aged adults who want to lose weight, revitalize energy, and build habits for increased longevity. Today's exercising adults

The Men's Health Big Book of 15-Minute Workouts A Leaner, Stronger Body--in 15 Minutes a Day!, Selene Yeager, Editors of Men's Health, Oct 25, 2011, Health & Fitness, 416 pages. Presents a reference guide of exercise for men, including 433 exercises for eighty-five fifteen minute workouts, provides an eating plan with quick meals, and offers workouts

Shape-Up Shortcuts Score a Hotter, Healthier Body in Half the Time!, Jen Ator, Editors of Women's Health, Sep 3, 2013, Health & Fitness, 352 pages. You probably have enough on your to-do list, and adding hours of exercise and perfect dieting to it won't guarantee hot-body results. Frankly, if a diet and fitness routine

Every Woman's Guide to Cycling Everything You Need to Know, From Buying Your First Bike to Winning Your First Race, Selene Yeager, Mar 4, 2008, Sports & Recreation, 320 pages. More women than ever before are jumping on their saddles to enjoy one of the fastest growing sports in

the country-and to improve cardiovascular fitness, control their weight

Weight Training for Women Step-by-Step Exercises for Weight Loss, Body Shaping, and Good Health, Leah Garcia, 2009, Health & Fitness, 256 pages. Covering both home programs and gym routines, an easy-to-follow weight training guide combines photos of exercises with anatomical illustrations depicting where muscles are

Total Abs Build a Rock-Hard Midsection in Four Weeks, Muscle Muscle & Fitness, Apr 1, 2013, Health & Fitness, 176 pages. Intended for anyone who wants rock-hard abs but needs help getting motivated, the editors of fitness authority Muscle & Fitness magazine have created a four-week plan that

Men's Health Power Training Build Bigger, Stronger Muscles with Performance Secrets from Top Athletes, Robert Dos Remedios, Sep 18, 2007, Health & Fitness, 434 pages. Presents a series of exercises geared toward functional strength that emphasize short, intense, and highly effective sessions, along with compound, multijoint workouts and

The One One One Diet The Simple 1:1:1 Formula for Fast and Sustained Weight Loss, Rania Batayneh, Dec 24, 2013, Health & Fitness, 288 pages. Anyone who has tried to slim down is used to adding (calories, points, fat grams, net carbs) and subtracting (pounds, inches, dress sizes). But all that diet math rarely

101 Strength Training Workouts and Strategies, Muscle Muscle & Fitness, Dec 1, 2011, HEALTH & FITNESS, 177 pages. From the editors of Muscle & Fitness magazine, which has been excelling in the area of physique transformation for over 70 years, this book is built on the foundation that the

The Belly Off! Workouts A 6-Week Detox Diet and Fitness Plan That Strips Away Fat--Fast!, Jeff Csatari, David Jack, Dec 24, 2012, Health & Fitness, 304 pages. Provides dozens of metabolism-boosting, muscle-building workouts that can be adapted to any fitness level, sharing a proven ten-week exercise program, quick workouts, and

The Doctors Book of Food Remedies The Latest Findings on the Power of Food to Treat and Prevent Health Problems - from Aging and Diabetes to Ulcers and Yeast Infections, Selene Yeager, May 27, 2008, Health & Fitness, 610 pages. In recent years, scientists have discovered thousands of substances in foods that go way beyond vitamins and minerals for pure healing power. The Doctors Book of Food Remedies

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