

**A Leaner, Stronger Body—In 15 Minutes a Day!**

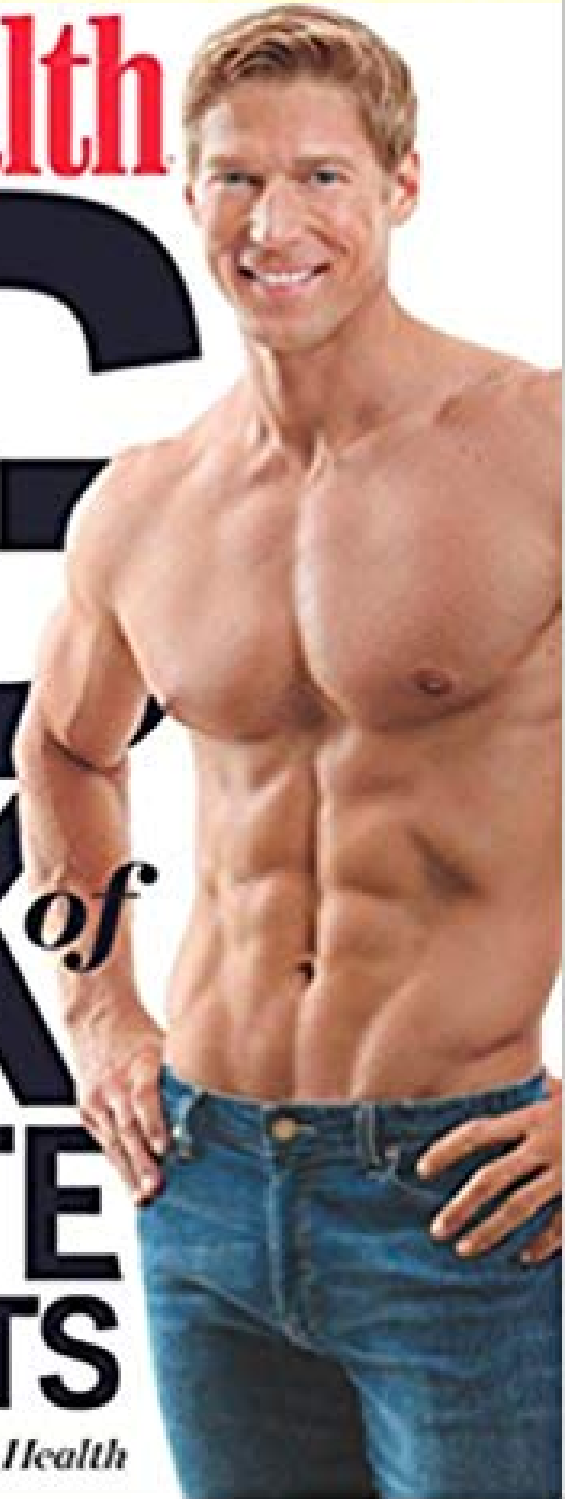
**THE** *Men's Health*

**BIG**

**BOOK** *of*

**15** **MINUTE**  
**WORKOUTS**

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



Selene Yeager

The Men's Health Big Book of 15-Minute Workouts: A Leaner, Stronger Body--in 15 Minutes a Day!



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Readers can pick from at-home, body-weight-only exercises and total-body barbell programs to exercises that focus on major muscle groups— If there's a way to accomplish a job quicker and more efficiently, they're all for this. his fat-burning furnace— Now, new research implies that as little as quarter-hour of resistance schooling is just as effective in spiking a man's metabolism— That applies to work and training. The Men's Health Big Book of 15-Minute Workout routines All it takes is 15 a few minutes to achieve lifelong outcomes—and men will stick to an exercise plan if it's chopped down to those 15 minutes. as a workout lasting more than doubly long. contains fast-paced interval training and interval workouts that boost calorie burn off, build up muscle, and fry belly fat in half the time of regular workout routines. Males love shortcuts. the chest, arms, legs, and back—and sport-specific workouts. Additional highlights include:- a particular section of 15-minute primary workouts to build a rock-hard six-pack- an eating plan with delicious meals that take a quarter-hour or less to prepare- workout routines for the office or when you're vacationing and can't make it to the gym- a huge selection of tips from America's greatest trainers, nutritionists, and exercise scientists



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3. This one is just okay. I felt bloated and unhealthy...1. Most (not all, but nearly all) use at least 2 devices and often 3: dumbbells, a stage, a bench, a balance ball, a pull-up bar (have one particular handy?), a level of resistance band, a kettlebell, a medication ball, a foam roller, a BOSU, and and for one medication ball workout: a partner! It really is more for somebody like me who needs to enhance their health.2. Names of routines were too cute by fifty percent, such as "Mood Lifting" and "Cowgirl." When I'm flipping through the publication, I'd rather not have to use some of that a quarter-hour to decipher what areas of the body a routine really works. I had already seen a lot of the exercises illustrated, but there have been still some new types that I have been able to toss into my routines to combine things up so I can't complain too much. Good however, not up to expectations I've had blended reactions to Selene Yeager's books before (some I love, some are just okay). Circuits, circuits, and more circuits, and "a quarter-hour" is even more a matter of approach. I wish it offered a slightly more creative selection of exercises; right on just awesome Four Stars a lifetime of exercises. If so, these aren't \*necessarily\* 15 minutes, based on whether you full the number of circuits as recommended.(NOTE: I would NOT recommend performing the vintage kettlebell 'halo' as it's shown in this publication! You could seriously strain your lower back.)Generally, it's no worse than any kind of other workout book, but it isn't among my favorites. Anyone may use this book Looking for strong, fit and healthy, not "sexy" Like all women's "fitness" books, it's about being "sexy," not strong, fit and healthy like the men's counterpart book in fact it is in great Just what I wanted, in fact it is in great condition Great combination of moves in the routines I like that these exercises combine techniques, like a squat while keeping dumbbells, and then thrust the dumbbells overhead. However, I can't past the fact that I must say i loved the The Women's Health Big Book of Exercises by Adam Campbell, and it's too bad more of those moves (and just a little less equipment) didn't show up in this book. I think this would've been a better book. You'll need plenty of equipment. Nice exercises, but only when you have a completely equipped gym to work through in. You'll need not just dumbbells and a mat, but kettlebells, techniques, bands, balance balls, draw up bars, fat bench, etc. to make full use of this book. I found this book on the Men's Wellness site and with some skepticism I purchased it. I'll probably move this book to a friend who can use it. Good, but probably better as a physical publication you can leaf through. It has done that for me. You get to 15 moments by running through most of these routines three to four 4 times. It appears they could have been categorized in method that may be accessed faster. easy I have always been extremely athletic, but sometimes I have trouble fitting in exercises. In my opinion this book is not for a sophisticated athlete. Admittedly, I am not in great form, but I'm not in terrible form either. In case you are short on time, but want to get more exercise, this is a good book. However, I feel like this could have been better in regular book form. It isn't that the kindle layout is bad, but apart from the first couple of chapters, this is simply not a really book that one will probably read from cover to cover in consecutive purchase, and like any publication that one might want to flip through, it gets kind of annoying to navigate back and forth through it in digital form. It was possible for me to carve out the 15 minutes, three times a week for the workouts. I feel it might be put to best use on the coffee table where one can flip through it and be inspired over and over, rather than having it in a list of titles on an easily burried kindle. Also, I was quite dubious about the possible effectiveness of a 15 minute workout, but the book has some pretty convincing research based arguments to explain it's reasoning, not to mention they are not advocating limiting your exercise to 15 minutes in case you have more time on your hands. I also discover that when I've time I have no idea what workout to accomplish. This book has numerous 15 min workouts that are easy to use and can be modified to meet your requirements.

The book starts out with body weight stuff and progresses to dumbbells, barbells, benches, swiss ball, medicine ball, and pull up bar. Book A great deal of workouts. The publication also has sections on kettle bells, stretch bands, and other equipment. general I would recommend this book, the mens health reserve of exercises, and the mens health body weight exercise book. Changed my life. The reserve is a quick and informative read. I dropped that 10 pounds in per month and I feel so much better now. I placed on about 10 pounds on the vacations and felt terrible. Yes, there's lots of variety, and they are definitely quarter-hour, but there's a few items I wasn't as crazy about. I cannot afford a fitness center membership and do not have the time for this anyway. If you're searching for quick at home workouts, this publication is typically not for you. I have generally had a slim build and relied on might work, coaching my kids sports and yard work for my workout. I was doing the easiest work out immediately after getting it and quickly progressed to the more challenging. I do enjoy that it's available in electronic type because my current area would make it challenging to acquire if that were not the case, but if you're within easy shipping range, I'd reccomend getting a physical copy. I think that made it possible for me to stick to the program. Previously year or so that had become not enough. I myself have not experienced shocking results, but I have certainly worn myself out and been solidly sore the next day using the proposed methods, which seems good if you ask me. I'd have loved it better if there have been more workouts using just one single piece of products for the entire a quarter-hour - particularly since they are circuit workouts. The content of this book is great. I've even began to extend my workouts by adding more exercises to my daily program. Awesome Great, shows outcomes, and easy to follow. So I'm guessing that easily omit a circuit, it's 10 minutes and if I add one it's 20. you'll never go out of new factors with this reserve. I personal a power cage with a stack therefore i had no problem with the gear, but even easily didn't I could get by with some dumbbells and an olympic excess weight set. There's variety & most routines can be adapted to become more complicated. I bring my tablet to the gym and proceed thru a workout each day.



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