



*Get fit.
Get inspired.
Get the dirt.*

FITNESS **CONFIDENTIAL**

Adventures in the Weight-Loss Game

America's Angriest Trainer

Vinnie Tortorich
with Dean Lorey

Vinnie Tortorich and
Fitness Confidential



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What's the best piece of fitness equipment cash can buy? I really like this book! Browse it and you'll see why Vinnie's the guy that trains me. He'll cause you to laugh, obtain you in the very best shape of your daily life and inspire you with his incredible but true story. So get ready to get exercise, get inspired and obtain the dirt with Hollywood's most outrageous personal trainer! Today, in this hilarious and frequently r-rated memoir, he holds nothing at all back. For over 20 years, Vinnie provides been Hollywood's go-to man for celebrities and athletes looking to get match fast. Howie Mandel America's Angriest Trainer, Vinnie Tortorich, exposes the nasty underbelly of the fitness industry while finding you into the best form of your daily life." What's the fastest way to lose excess weight: diet or exercise? Why are health clubs worse than used car lots? In FITNESS CONFIDENTIAL, Vinnie tells all."



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When describing the tiny town of Trona, he said that the population doubled as riders rode through. If you know anyone who is struggling to get their health under control - get this book! Burning these stored fat is the way you lose weight. In less than two months I've dropped 23 pounds already. I've no feeling of deprivation, because it isn't a diet--it's a menu modification. Vinnie explains a thing or two. First, your metabolism can either use sugars (glucose) or excess fat for fuel. It's easier to make use of glucose from the bloodstream, but so long as your body is operating off the sugars you won't burn any stored unwanted fat and won't lose weight. Thanks for putting everything out there Vinnie, your story is a genuine inspiration to those who learn it. I can't believe the influence that his concepts have had on me. Second of all, he explains the way the grains that we eat are quickly converted to sugars during digestion--the same sugars that we're trying to avoid the body from lazily fueling itself with. There's no deprivation whatsoever. Avoid all sugars and all grains. Dropped about 70lbs since January and feel amazing. I believed him to end up being insane. And this is regardless of Halloween, Thanksgiving, and now the Christmas chowing season. Rather than fretting over a diet plan and a good work out plan that you will probably quit following a few weeks, he orders you to just shift your menu, relax, enjoy yourself, and turn yourself right into a more healthy person inside and out. Does it function? I'd noticed Vinnie on the Adam Carolla present several times previously and became intrigued, but following this read I'm a definite fan. Not only have I lost 23 pounds up to now, I've seen a change in my waistline that I've hardly ever seen before. My trousers have always been restricted and I've never really had to wear a belt. Then your pants got loose so I had to grab a belt from the closet. I QUICKLY acquired to tighten it a notch. I've gone from zero belt ever to tightening it three notches currently. For example, make your eggs in butter rather than unhealthy cooking sprays or oils. I haven't sensed any sense of deprivation whatsoever, I'm just taking in different foods that I like. About the first half of the publication talks about foods. Succinct version of Vinnie's Podcast with a little bit of life story by the author, intertwined for better context. Rather than reading the publication I listened to it through Audible. Vinnie's reserve is outstanding. It was actually fairly funny for me personally. At the close of the second half of the book he fundamentally tells the reader that the publication is over and you're welcome to stop reading if you want. But he launches into a semi-unrelated tale that blew me apart. First I have to set the picture for how this next bit appeared from my perspective. Then I'm satisfied and I cease eating. A. Not a HOW EXACTLY TO Book. The book was fun, inspirational, well crafted and readable. For such an unfortunate kid, he doesn't point out HOW he visited a prestigious med college. Need to revolutionize your current health and wellness? Fun read, but I wanted more. It appeared like there was still quite a bit of content to go, so I looked at the table of contents to discover what another chapters would be covering. I did a double-consider when I looked at the Contents; it felt like the publication acquired a virus and in some way my own information had leaked involved with it. I don't have the publication with me right now, but the Contents of this final third "half" went something like "Santa Clarita to Antelope Valley" (remember that Santa Clarita is where I live), "Antelope Valley to California City", "California City to Trona", and "Trona to Loss of life Valley". It was therefore shocking to discover my city listed, then one of the areas we camp (California City), and then the nearest town to where we were camped at the moment, Trona. It was beyond inspiring. I many thanks, my wife thanks you (she's down fifteen pounds now as well), and I'm sure my doctor will absolutely like you when I move in for my next checkup. It proved that after the primary body of the publication was complete, Vinnie shared the story of his participation in the grueling "Furnace Creek 508", that is a 508 mile cycling competition from my city through Furnace Creek in Death Valley and leads

to Twentynine Palms (Google it!). I noticed that I hadn't completed "everything possible" to try and save my very own life. I cannot believe he rode this competition, but I'm really pleased that he shared the tale. It was interesting to read his take on the places where we ride and camp. Life changing I heard the writer, Vinnie Tortorich, featured on Adam Carolla's podcast earlier this season in October. Anyway, the section on his race was fascinating and I'm really glad he included it in this reserve. If I get snacky though, I'll proceed grab a paper glass and fill it up from the assorted nuts and snack on some nuts. Are there any bad elements to the publication? Well, if you're searching for a very prescriptive manual on just how to consume and how exactly to work out, you may come away a little disappointed. August 1st 2016 was my first day but it took me two months to make adjustments. Fat like these will primary your body to fuel itself from stored fat instead of sugars. I might have the ability to reverse it. I eat different things, but I'm not really dwelling on it continuously. My office diabolically provides us the most beautiful snacks: hoppers of cereal, a dispenser of clean peanut M& Seriously folks, you NEED to learn this book! This man saved my life. It was a terrific way to display that he's not really a glitzy Hollywood trainer, but that he's a monster of a guy and is capable of superhuman feats. I live in the town of Santa Clarita, CA, in northern L. It's fantastic. So what is his answer? My just recommendation is to listen to at least 1-2 episodes of Fitness Confidential to understand how Vinny speaks and is usually hilarious sense of humor. That place is so small the senior high school football team literally plays their games on a dirt field. It's very generous, but none of this stuff fits into my brand-new menu. This publication saved my life. I could hardly ever repay the kindness Adam and Vinnie demonstrated me but I'm attempting. This book saved my entire life. After being informed to obtain my affairs in order (because I'd catch another blood clot or another heart attack) I noticed Vinnie Tortorich on the Adam Carolla podcast. Additionally, add some natural fats back to your daily diet. I wasn't the only person who believed he was crazy but Adam said he was following additionally way of eating. Just what a monster. If the Doctors had no plan, maybe I could arrive up with my very own. Great Information! This publication is approximately concepts and really about changing your head. Thank you Vinny. Due to injury issues I had to loose all of this by diet by itself. I was struggling to do any workout. That is me before... which is me today. We're kind of halfway between the town of Mojave and the entrance to Death Valley.. It had been charming in its tale of the way the author came to his job and the issues he has faced in his lifestyle and overcome. A 12 months later and 134 pounds up to now. I have a fresh lease on existence and I'm living it! Vinnie made a lot of sense and I got a lot of weight to lose, so I decided to buy his book. This guy saved my life. Even more compared to the nutritional advice gained, learning Vinnie's story and triumphs was worth the read alone. Inspirational advice and a solid story While the book was slim on details regarding the "No Sugar, No Grain" lifestyle that I was hoping to gain, when the program really is as simple as NSNG I'm not sure how many web pages about any of it anyone could really read. The book shed lots of light on the main topics how our bodies convert what we consume and pointed me in the right direction on where you can find out what I desire additional. Predicated on my results 3 family have already switched to NSNG and more are about to do the same. A commendable tale by an admirable guy. It has sure proved helpful for me. If you can decrease the sugars from your bloodstream and prime your body to burn extra fat, it'll burn the fat from your own last meal and then continue burning stored body fat for fuels. Another half targets exercise. I've been hearing Vinnie's podcast for just a little over 3 weeks. I really like this book. There's lots of personal tale in the publication that ties into how Vinnie made the conclusions about the market and about eating right. This book is certainly worthy of a read or at least a pay attention if you

want to know some of the filthy secrets of the exercise industry. Furthermore you will gain some revelation about points that should really be avoided the majority of the time with regards to meals intake if you need to achieve your ideal weight. I'm Laughing, I'm crying, I'm taking notes! I'll keep this review short and simple. Unless you have time to pay attention to all of the podcasts, you will see the reserve to sufficiently summarize precisely what Vinnie is trying to convey. It pulls within my heart strings, it creates me laugh aloud, and I'm seriously taking notes. It had been subtly abbreviated there amongst discussing all the grotesque side effects of steroids. I have already been a 'dieting' 'counting calorie consumption' type a girl for decades. My life has never been better since learning the TRUTH from this author. Ms (the fresh ones are so superior to the ones that have sat on the Circle-K shelf for 90 days), bowls of tiny chocolate bars, meal replacement pubs, etc. They were shocked. I'm an endurance athlete which has competed in lots of cycling and running occasions, and triathlons. This book is for the average Joe attempting to learn the truth about health, along with, the significant athlete. Carnivore or Vegan, obese or thin, inactive or hard core athlete--you will end up being entertained and you will most definitely learn how to have a healthier, happier life. Thumbs up Appreciated his candor, his humor and lifestyle. County. so far. However, it is more of a biography than a exercise and diet book. There's some practical information for people who have by no means done so on how to choose an individual trainer, what to watch out for when choosing a fitness center and some minimal exercise info. There was relatively little information on the NSNG diet plan or exercise that couldn't become boiled down to "lift weights and don't eat grains or sugar. THEREFORE I was laying in bed one morning hours in camp reading this book on my Kindle reader. One of the best books I've ever read I started hearing Vinnie's podcast, followed him on Twitter, then visited the book. I under no circumstances read and I've under no circumstances read anything per day. Not anymore., this reserve was so excellent that I examine it every opportunity I had. This guy is literally changing my life. Yeah Vinnie, we've all known these were poor since that 60 minutes special back in '88 we all saw. I took my A1C from a 7.7 to a 6.4. For TYPE 1, under 7 is great! I've had problems controlling T1 Diabetes by whole life. Today, at 27, they explained I would have to choose eye treatment. However, with the BG #'s I have. My own personal encounter has been that this has been completely relaxed and laid back but has already established the hugest payoff imaginable. Many thanks Vinnie for the amazing advice. I acquired into the weight reduction groove pretty easy. You are changing my entire life. A Major Wake Up Call to all Concerned with Health and Fitness. I can't say enough good things about this book. Chapter 3 is worth the complete price of the reserve. Vinnie has changed my life, and I'm even considering training for a triathlon at 50 years old! Amazing Book! This would be my final attempt so I went for this. Then there's a weird bonus half that I wasn't expecting. It really is a straightforward read and filled up with knowledge the powers at end up being do not wish you to know. We camp in remote control areas and observe some places that a lot of of the planet hasn't even heard about. Please read this publication! There's so much powerful knowledge in this book and by listening to his interviews on his Friday podcast. With that said, this will not make it a boring browse. A Journey After hearing the podcast for years I had to learn the book. I also recommend likely to his website and download the free of charge PDF if you would like even more knowledge. Many thanks Vinnie for not keeping your knowledge to yourself as well as your willingness to help mankind! Read it and perform what he says. Thank you for sharing your journey. Great book. Great man. I follow NSNG right now and have been surprised. He calls this No Sugars No Grains, or NSNG. Like I have already been awakened. Narcissistic and condescending What an arrogant man. Most of the reserve is spent discussing himself. Text-

book narcissist. Literally compares himself to Leonardo Divinci at one stage. Literally hudreds of webpages talking about his childhood [cry me a river] his sexual exploits, and simply generally how great and experienced he thinks he's. Among the things that my children does for fun is we take our RV out to the neighborhood desert and camp and ride motorcycles off-road. check your privelege, man. POOR vinnie experienced to drive a crappy toyota 4runner. come on vinnie. So the rest of the publication, he utilizes scathing other people: vegans, yoga instructors, trainers, health specialists—nobody seems safe from his scorn unless youre a lycra-clad cycle yuppy or a runner. [the two MOST pretentious sports on the planet btw] Also do he allude to doping for bike races? Vinnie Tortorich is usually a NO BS, inform it how it really is, along with, the sincerest 'I value you and need you to succeed' kind of a guy. I have TYPE 1 Diabetes, after 3 weeks, I saw the doctors, they couldn't believe how good my Blood Sugars were. Vinnie didnt obtain the memo? all the while, condescends anyone who he thinks is over-weight while offering almost nothing when it comes to practical health assistance. Vinnie did an excellent job rendering it fun and interesting while learning how exactly to lead a new lifestyle. No one has heard about Trona. A no nonsense in your face approach to life! You will not be sorry!



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