

The Womens Health Big Book of 15-Minute Workouts: A Leaner, Sexier, Healthier You--In 15 Minutes a Day!



Time is every womans most precious commodity?and a lack of it is the number one reason, insurvey after survey, that women give for why they dont exercise. But research now shows that aslittle as 15 minutes of resistance training is just as effective in spiking ones metabolism as aworkout lasting more than twice as long. All it takes is 15 minutes to achieve lifelong results?andwomen are more likely to stick to an exercise plan if its chopped down to those 15 minutes.The Womens Health Big Book of 15-Minute Workouts - by Selene Yeager and the editors of Womens 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 youre stuck in traffic or traveling and cant make it to the gym-hundreds of tips from Americas best trainers, nutritionists, and exercise scientists

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Adam Campbell is the fitness director for Womens Health **The Womens Health Big Book of 15-Minute Workouts: A Leaner, Sexier,.** The Womens Health Big .. The Womens Health Big Book of 15-Minute Workouts: A Leaner, Sexier, Healthier You--In 15 Minutes a Day! Kindle Edition. **The Womens Health Big Book of 15-Minute Workouts: A Leaner** The Womens Health Big Book of 15-Minute Workouts: A Leaner, Sexier, . 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