



The book was found

The Women's Health Big Book Of 15-Minute Workouts: A Leaner, Sexier, Healthier You--In 15 Minutes A Day!



Synopsis

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* - by Selene Yeager and the editors of *Women's 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 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

Book Information

Paperback: 416 pages

Publisher: Rodale Books (October 25, 2011)

Language: English

ISBN-10: 1609617371

ISBN-13: 978-1609617370

Product Dimensions: 8 x 22 x 214.1 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 65 customer reviews

Best Sellers Rank: #59,441 in Books (See Top 100 in Books) #29 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts](#) #58 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat](#) #74 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training](#)

Customer Reviews

SELENE YEAGER is a top-selling author, certified personal trainer, and all-American Ironman triathlete. She lives in Lehigh Valley, PA.

The content of this book is great. I wish it offered a slightly more creative selection of exercises; I

had already seen a lot of the exercises illustrated, but there were still some new ones that I have been able to throw into my routines to mix things up so I can't complain too much. Also, I was pretty dubious about the possible effectiveness of a 15 minute workout, but the book has some pretty convincing study based arguments to explain it's reasoning, and of course they are not advocating limiting your physical activity to 15 minutes if you have more time on your hands. 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 to me. Admittedly, I am not in great shape, but I'm not in terrible shape either. If you are short on time, but want to get more exercise, this is a useful book. However, I feel like this would have been better in standard book form. It's not that the kindle layout is bad, but aside from the first couple of chapters, this is not really a book that one is likely to read from cover to cover in consecutive order, and like any book that one might want to flip through, it gets kind of annoying to navigate back and forth through it in electronic form. I do appreciate that it's available in electronic form because my current location would make it difficult to obtain if that were not the case, but if you are within easy shipping distance, I'd recommend getting a physical copy. I feel it would be put to best use on the coffee table where you can flip through it and become inspired over and over, rather than having it in a list of titles on an easily buried kindle.

I am an avid Tabata/HIIT person and I am always looking for different exercises to incorporate into my routine. This book provides so many ideas on different exercises and routine ideas that can be done with the minimal amount of equipment. My only complaint is that towards the end of the book, they stop listing the part of the body that each exercise is suppose to target, leaving some inconsistencies. Minor complaint and overall still a great book to own.

I love this book! I use it every single day! The excersises in this book keep you entertained and challenged all at the same time. I have been obsessed with Women's Health ever since I first pick up the magazine. Many other books will require alot of equipment and even recommend machines (which I do not have at home.) I have a gym membership so access to the equipment is easy. However, if you do not have a membership to a local gym, in the back of the book are excersises for specific pieces of equipment (ex. Medicine Ball, Kettlebell.) This book alone has helped me changed my mind set of eating habits, work out schedules and so much more. It's like having a personal trainer with me everyday!! Just be sure to pay attention to your form or the excersizes will obviously not be as affective. The only downfall to the book, is that because it is so big, it is not as easy to carry around the gym as the magazine. But I guess thats why they call it "The Women's Health BIG

Book of 15 Minute Workouts."All in all, I LOVE this book!!! I recommend it to anyone and everyone!

Exactly what I wanted...I will be getting the book version of this too as I want to flick through it more easily than I can on kindle. Although the kindle version is great for travel. I don't care if these workouts take me longer than 15 minutes (30 minutes while I'm new), and yes they have stupid names, but overall I LOVE this book. Give me the moves and don't make me think? YES!

I LOVE THIS BOOK! I want others like it! I love the layout of colored photos and the detail. I have been working out for over 2.5 years so this validates a lot of knowledge. There are lots of references to studies and the ideal equipment to work your body and of course the workouts including one using accessories and not. Please give me more books like this one!!! :-)

Great investment...I started this yesterday (Total Body Workout) + 1 mile on treadmill - feel greater results than I did with 10 mi on bicycle + 2 miles on treadmill, and it took about 20% of the time! Not only does it cover total body, but target areas (tummy, arms, butt, etc.), and meal suggestions. Educational, too. I *highly* recommend this to anyone - ditch the gym and save your money; buy this instead and do it all at home or on the road!

If you aren't a CPT but still plan your own workouts - this book is super handy - it has great pictures, even better explanations...I love it. I have this one and The Big Book of Exercises...love them both. May even get the Yoga related one. I'm big on great pictures bc reading a ton of print about execution sucks.

I really like the idea of 15 minute workouts. I have limited time before work so the quicker I can get some exercise in, the better. The different workouts are good. I like the pictures and choices and feel it is easier to understand and follow. That being said - I feel like this book is for people who are already in great shape. I have had to modify a lot of the workouts because I don't yet have the upper body strength that a lot of the exercises require. If I could do all the workouts as they are laid out it'd be great but since I can't do them 100% I feel like I'm not going to get the full benefit in only 15 minutes. I'm going to have to come back to this book once I have the strength in my upper body.

[Download to continue reading...](#)

The Women's Health Big Book of 15-Minute Workouts: A Leaner, Sexier, Healthier You--In 15 Minutes a Day! The Women's Health Big Book of Exercises: Four Weeks to a Leaner, Sexier,

Healthier You! The Women's Health Diet: 27 Days to Sculpted Abs, Hotter Curves & a Sexier,
Healthier You! Mastering the Life Plan: The Essential Steps to Achieving Great Health and a
Leaner, Stronger, and Sexier Body Swim Workouts for Triathletes: Practical Workouts to Build
Speed, Strength, and Endurance (Workouts in a Binder) Coconut Oil & YOU: 10+ Recipes For A
Beautiful, Healthier, Leaner, More Energized YOU! Weight Loss, Youthful Skin, Beautiful Hair,
Anti-Aging, Increase ... Psoriasis, Increase Energy & Brain Power) The Multi-Orgasmic Diet:
Embrace Your Sexual Energy and Awaken Your Senses for a Healthier, Happier, Sexier You
Revitalize Your Hormones: Dr. Dale's 7 Steps to a Happier, Healthier, and Sexier You The Life Plan
Diet: How Losing Belly Fat is the Key to Gaining a Stronger, Sexier, Healthier Body Eyewitness
Travel 15-Minute Language Packs: 15-Minute French: Learn French in Just 15 Minutes a Day The
Men's Health Big Book of Exercises: Four Weeks to a Leaner, Stronger, More Muscular You!
CrossFit Workouts at Home - You can do these 24 workouts anywhere! Bodybuilding: Arm Bible: 39
Best Workouts For Bigger And Stronger Arms (Bodybuilding For Beginners, Weight Training,
Weight Lifting, Bodybuilding Workouts) (Bodybuilding Series Book 2) Cross Training WOD Bible:
555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength
Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) One-Hour Workouts:
50 Swim, Bike, and Run Workouts for Busy Athletes Mental Toughness Workouts: 30 Workouts To
Forge Your Mind & Body To Greater Heights HIIT: High Intensity Interval Training Guide Including
Running, Cycling & Bodyweight Workouts For Weight Loss: Including Running, Cycling &
Bodyweight Workouts for Weight Loss O Jerusalem: Day by Day and Minute by Minute the Historic
Struggle for Jerusalem and the Birth of Israel The Home Workout Handbook: Proven Workouts to
Get Lean and Ripped in 30 Minutes a Day Ani's Raw Food Detox [previously published as Ani's
15-Day Fat Blast]: The Easy, Satisfying Plan to Get Lighter, Tighter, and Sexier . . . in 15 Days or
Less

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)