

**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*



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, Rodale, 2011, 1609617363, 9781609617363, 416 pages. Men love shortcuts. If there's a way to accomplish a job quicker and more efficiently, they're all for it. That goes for work and working out. Now, new research shows that as little as 15 minutes of resistance training is just as effective in spiking a man's metabolism as his fat-burning furnace as a workout lasting more than twice as long. All it takes is 15 minutes to achieve lifelong results and men are more likely to stick to an exercise plan if it's chopped down to those 15 minutes. The Men's Health Big Book of 15-Minute Workouts contains fast-paced circuit training and interval workouts that boost calorie burn, build muscle, and fry belly fat in half the time of regular workouts. Readers can choose from at-home, body-weight-only workouts and total-body barbell programs to exercises that target major muscle groups--the chest, arms, legs, and back--and sport-specific workouts. Other highlights include: A special section of 15-minute core workouts to build a rock-hard six-pack An eating plan with delicious meals that take 15 minutes or less to prepare Workouts for the office or when you're 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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A Man's Guide to Muscle and Strength , Stephen Cabral, Oct 18, 2011, Health & Fitness, 270 pages. Celebrity trainer and YouTube sensation Stephen Cabral makes his private clients' programs available in A Man's Guide to Muscle and Strength. Packed with more than 140 ....

The Men's Health Big Book: Getting Abs Get a Flat, Ripped Stomach and Your Strongest Body Ever--in Four Weeks, Adam Bornstein, Editors of Men's Health, Dec 24, 2012, Health & Fitness, 400 pages. The essential diet and fitness guide to lean, ripped abs--including a results-driven 4-week program to lose weight, strengthen your core, and chisel your entire body Call it a ....

The IMPACT! Body Plan Build New Muscle, Flatten Your Belly & Get Your Mind Right!, , 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 Men's Health Home Workout Bible , Lou Schuler, Michael Mejia, Nov 9, 2002, Sports & Recreation, 434 pages. A comprehensive guide to effective strength training at home offers coverage of a range of fitness equipment and experience levels and provides additional consumer tips for ....

Men's Health Best: Weight-Free Workout , Joe Kita, Sep 17, 2005, Health & Fitness, 96 pages. A concise exercise manual explains how men can put together an effective workout program containing all the exercises needed to promote whole-body fitness and maximum ....

Men's Health Ultimate Dumbbell Guide More Than 21,000 Moves Designed to Build Muscle, Increase Strength, and Burn Fat, , Jul 24, 2007, Health & Fitness, 288 pages. Demonstrates how to perform a total body workout with the use of dumbbells, covering such techniques as lunges, squats, dead lifts, curls, and presses, in a volume that ....

The Complete Idiot's Guide to Functional Training Illustrated , Justin Price, MA, Frances Sharpe, Dec 1, 2009, Health & Fitness, 336 pages. Lengthen spine, tuck pelvis under, bend knees?and shovel that driveway! The goal of functional training is getting the various muscle groups to work together for real-life ....

The Men's Health Big Book of Exercises , , 2010, , . .

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 ....

Move a Little, Lose a Lot , James Levine, Selene Yeager, 2009, Health & Fitness, 288 pages. Offers an approach to losing weight and keeping it off, explaining how an increase in such simple movements as standing, bending, and walking around can provide health benefits..

101 Muscle-Building Workouts and Nutrition Plans , The Editors of Muscle & Fitness, Feb 1, 2013, HEALTH & FITNESS, 176 pages. In "101 Muscle-Building Workouts & Nutrition Plans," "the" staff of editors, scientists, and expert trainers at the acclaimed magazine Muscle & Fitness provide the very best ....

The Men's Health Big Book of Food & Nutrition Your Completely Delicious Guide to Eating Well, Looking Great, and Staying Lean for Life!, Joel Weber, Mike Zimmerman, Dec 21, 2010, Health & Fitness, 384 pages. An all-encompassing guide to transforming the body in a minimum of time demystifies contradictory dietary guidelines while making recommendations for informed shopping, eating ....

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 Women's Health Big Book of Abs Sculpt a Lean, Sexy Stomach in Just 4 Weeks!, Adam Bornstein, Editors of Women's Health, Jan 1, 2011, Health & Fitness, 143 pages. The essential diet and workout guide for any woman looking for a sexy, sculpted stomach The key to a flatter belly and a hotter body starts with your core. Designed for ....

Alpha Male Challenge The 10-Week Plan to Burn Fat, Gain Muscle & Build True Alpha Attitude, James Villepigue, Rick Collins, Sep 1, 2009, Health & Fitness, 336 pages. Provides a blueprint for countering reduced testosterone levels, sharing specific guidelines in the areas of exercise, diet, and mind-set to help men build confidence levels ....

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 ....

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