

THE BIG BOOK OF 15 MINUTE WORKOUTS

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Many of the 15 minute workouts require an assortment of equipment. So, unless you are prepared to buy a bunch of stuff, be prepared to look for substitutes, and /or skip some of the exercises in any given 15 minute program.

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Nice workouts, but only if you have a fully equipped gym to work out in. You'll need not just dumbbells and a mat, but kettlebells, steps, bands, balance balls, pull up bars, weight bench, etc. to make full use of this book.

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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.

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The Men's Health Big Book of Nutrition is the ultimate guide to shopping, dining, and cooking for bigger flavor and a leaner body. It answers the ongoing demand for

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