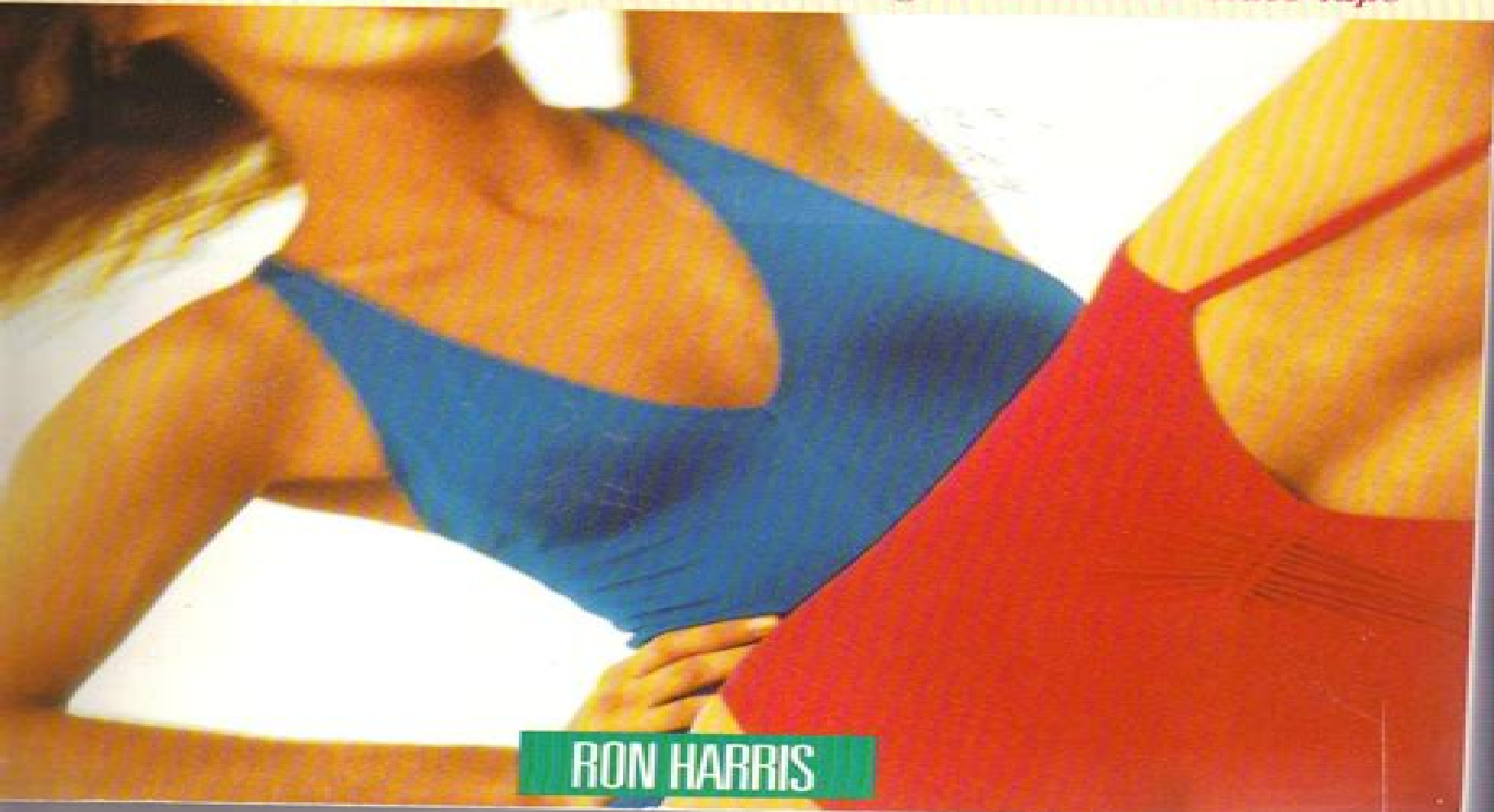


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The Men's Health Big Book of 15-Minute Workouts Selene Yeager, Editors of Men's Health Magazine, 2011-10-25 Men love shortcuts If there is a way to accomplish a job quicker and more efficiently they're all for it That goes for work and working out Now new research shows that as little as 15 minutes of resistance training is just as effective in spiking a man's metabolism 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 **Aerobicise** Ron Harris, Jami Allen, Penelope Bloch, 1986-01-01 Based on the cable television series and the video cassette this exercise book offers both beginner and advanced routines ranging in length from three to forty five minutes and includes a nutritional program with an easy to follow diet

The 16 Minute Body Sculpting Kit Richard Walters, 2008-06-05 Hi I'm Richard Walters MA in Ed ACE Certified Personal Trainer After eleven years of helping people just like you get the body of their dreams I developed a system that can give practically anyone a sexy sculpted body in just 16 minutes a day **EBOOK:**

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High Blood Pressure For Dummies Richard Snyder, 2024-01-24 Maintain healthy blood pressure with timeless wisdom and new breakthroughs in prevention and treatment High Blood Pressure For Dummies explains all you need to know about blood pressure and what to do when it gets too high High blood pressure can lead to serious complications but with lifestyle changes and medication it's easily treatable This jargon free compassionate book walks you through the necessary changes to help lower blood pressure and live a healthy life You'll be well equipped to determine if you're at risk and consider the medical consequences of hypertension From there develop a successful treatment plan and choose the right foods for you With this Dummies guide you can learn to prioritize you and your health

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The New York Times Practical Guide to Practically Everything, Second Edition Amy D. Bernstein,Peter W. Bernstein,2009-11-24

All the wisdom of The New York Times experts in every field is packed into one comprehensive volume that has been completely revised and updated Illustrations throughout

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