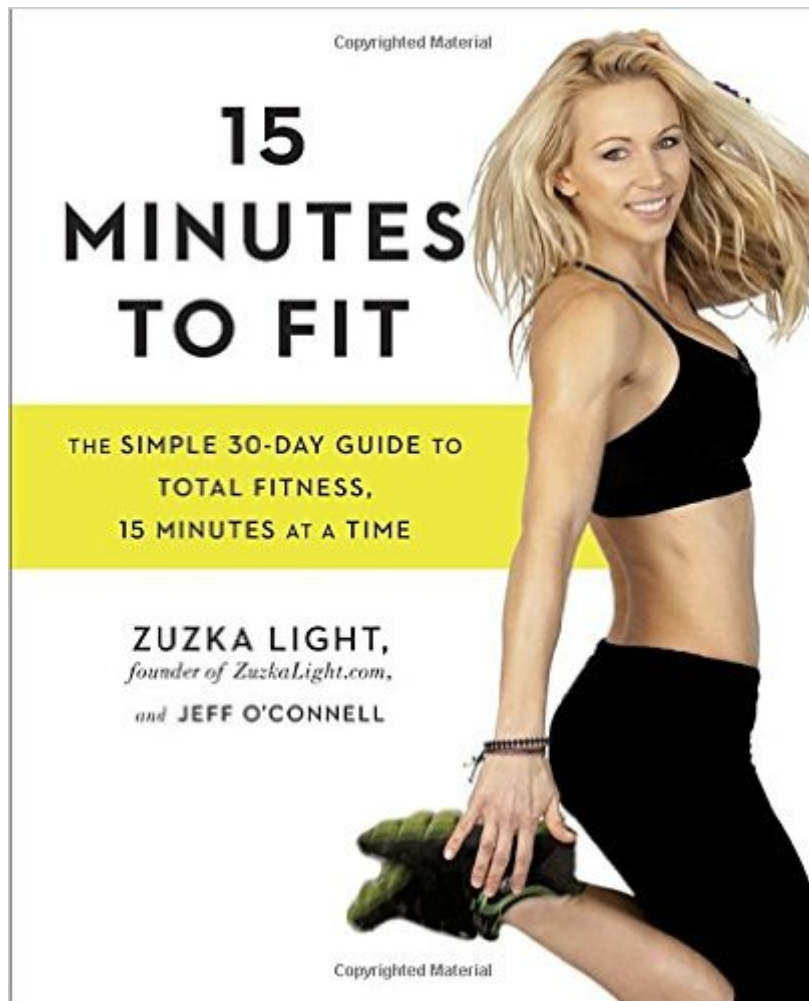


The book was found

15 Minutes To Fit: The Simple 30-Day Guide To Total Fitness, 15 Minutes At A Time



Synopsis

YouTube workout video star Zuzka Light presents her long-awaited debut fitness book, with a 30-day fitness regime of powerful, effective 15-minute workouts.Â Filming first from a tiny basement in Prague, and eventually settling in Los Angeles, Zuzka Light has single-handedly ushered in the YouTube fitness revolution. Viewers love Light for her short, ferociously effective workouts and her in-the-trenches, never-give-up positive attitudeâ and sheâ s racked up more than half a billion views to prove it. Now, finally, comes 15 Minutes to Fit, Lightâ s hotly anticipated debut, with a 30-day fitness plan guaranteed to burn fat and build ripped muscles. Based on innovative high-intensity interval training, the workouts in 15 Minutes to Fit are designed to be done anywhere, anytime (no fancy gym equipment necessary), in just 15 minutes a day. This book takes the guesswork out of the workout, providing:Â  A 30-day workout plan to whip your body into shapeâ  in 15 minutes a day or lessÂ  A companion meal plan, with delicious and healthful recipes for each dayÂ  Step-by-step photographs throughout to illustrate proper form for the workoutsÂ  Quick facts on health and nutrition to help readers separate fact from fictionÂ  Support and motivation from Light, who overcame many obstacles to become the female face of fitness. As Light says, â Give me 15 minutes a day and Iâ ll give you a badass body.â • Coauthored by New York Timesâ  bestselling author Jeff Oâ Connell, 15 Minutes to Fit is the book legions of fans have been waiting for.

Book Information

Paperback: 288 pages

Publisher: Avery; 1 edition (December 29, 2015)

Language: English

ISBN-10: 158333582X

ISBN-13: 978-1583335826

Product Dimensions: 7.4 x 0.7 x 9.1 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ  See all reviewsÂ  (60 customer reviews)

Best Sellers Rank: #20,871 in Books (See Top 100 in Books) #6 inÂ  Books > Health, Fitness &

Dieting > Exercise & Fitness > Quick Workouts #37 inÂ  Books > Health, Fitness & Dieting >

Exercise & Fitness > Injuries & Rehabilitation #79 inÂ  Books > Health, Fitness & Dieting >

Women's Health > General

Customer Reviews

I was impressed with Zuzka's book! Now I can't wait to see what else she will release. I've tried other personal trainers' at home workouts but she really stood out from the rest. She makes me care about exercising and eating right. I've stumbled across her BodyRock videos and have become a fan! Zuzka tailors it to the females but of course males can use this book too. I appreciate how she included her personal struggles in her book which is inspiring and satisfied my curiosity about Zuzka's past. Due to me taking a long break after having a child, I liked how the book catered to beginners (also great for the experienced). I bought the kindle version and was leery on how the images would show up, but was surprised they were easy to view. Most have at least 3 images per workout to make sure you're following proper form. One of my favorite sections of the book is chapters 6 & 7. All about how to fuel yourself. I would overwhelm myself on too much information on what to eat. These chapters helped me realize I don't need to buy into any certain brands and that counting calories isn't always necessary. It has a DIY feel to it which makes healthy eating accessible to everyone. Zuzka gives and gives! I mean it! She has several videos on YouTube that are free, regularly updates her site and talks to her fans. So why not buy the book to show your appreciation?

I've been following Zuzka for around 5 years. She has always been such an inspiration - tough women with a big heart, helping us get fit. My only problem has been that I would end up watching her videos rather than exercise according to them. I have always been fit and strong so I didn't have to care too much about my figure. This has changed once I moved to America - in my eyes, I became so fat, the bad food that you get here (GMO & sugary) made me feel so sluggish. I piled on around 25 lbs. I wouldn't stick to a program for long enough. When I saw Zuzka's book, it reminded me of those times, not too long ago, when I was happy with my life and the way I looked. I ordered and it has been the best decision ever. Now, I have read health books and magazines but this one is so different. I love how Zuzka simplifies the concepts that are so hard to understand from other sources. Her explanations are so easy! I love it and actually remember what she said. Reading the book has been an insane pleasure. She also has great sense of humor. Some of the things she says in the book made me laugh so hard! "I'm sure products like Top Ramen and Twinkies have a half-life that rivals that of radioactive waste." (Talking about drinking water) "the human body is made mostly of water Not soda". These are just some highlights. This book really made me wanna exercise. I always think about the fact that it really is just 15 minutes. First 5 go OK, another 5 I'm dying, last 5 I'm telling myself to push as it's almost over. I noticed changes the very next day in my mood and my belly seemed to shrink a little. In a week I could tell the difference and now after more than 2

weeks I'm starting to like the way I look again. I don't do these exercises every day but I decided to be active every day as Zuzka proposes. I do some dancing workouts, biking, running and it works. I am so excited to see what will happen when I'm done. It's a 30 day program but as I stick other activities in between, it will probably take me around 45 days. When I started exercising, it was so overwhelming and I got tired so fast, my heart would beat rapidly. It still is a lot of effort but I feel greater ease with some exercises. I feel how my fitness level is coming back to normal. I love that! I'm young and want to feel young! Every day of the exercise, there is a nice inspirational thing Zuzka tells you. I love that, it keeps me going and pushing. Recipes: I've never cooked according to books. This is the first time and why? Because this is the first time that the recipes look so delicious. I tried a few and I love them. My favorite so far is cauliflower, quinoa and chicken with an awesome dressing! It's mostly those wonderful dressings that make her foods taste so good! I love it. I love that I'm trying to use new ingredients that I haven't heard of before and I'm excited to try more meals in the future. I love how Zuzka divides the meals into those you can eat anytime and those that are workout earned. It actually forced me to exercise once when I wasn't in the mood because I wanted to try that food so badly. Conclusion: if you are serious about losing weight, if you've been sitting on the couch for too long now and are tired of being tired with life, go and get this book. It WILL HELP YOU!!!! :-)) don't be afraid when you are drained after your first workout. I promise it will get better during the week! :-)) the workouts are only 15 minutes, you can do them, you will end up loving them, you will end up loving yourself (2 weeks in and I actually feel it!!!!), you will be proud of yourself after every single workout and every single meal that you made. Zuzka thank you for making it easier for us to get back in shape. Ā„Ā akujem a obdivujem Tvoju energiu!

I can't express how much I love this book. I've been following Zuzka since she was with bodyrock, but got turned off when she left and the workouts started to require equipment. I found her on YouTube, but it was difficult to sort through all the videos and stay on track. Since then, I've tried various other programs, including BBG and Beachbody, but never got the results I wanted and felt the workouts got boring. Then I found this book! This book is honest, easy to read, very informative and explains how to stay motivated and set realistic goals. It's not a quick fix, but a healthy lifestyle that Zuzka makes attainable. The crazy intense short workouts make me sweat and curse, and I love it! The short duration allows me to focus more on my diet using her recipe chapter (I'm in love with the gluten free biscuit recipe as well as the zucchini fries!!!) I've tried a lot of diets; but her workout earned meals and free meals make sense and are already showing results after 2 weeks even though I have not done a workout every single day. Recipes are easy to follow and yummy

:)Just remember: the workouts are no joke! They will make you sore for days after! Good for beginners too since you can modify the really difficult excercises, like pistol squats. I highly recommend going to her website and watching each video of the move before you do your workout to make sure your form is right. I also recommend her warm up and cool down routines on her website too. Get this book! You will not be disappointed!

When you look at Zuzka, you want what she's doing. This book tells you how, in just 15 minutes! I've always been a fan of Zuzka's short but intense home workouts and recommend this book to anyone looking to get a jumpstart on a healthy lifestyle. I especially recommend her Baked Parmesan Zucchini Sticks Recipe. ~Dr. Sara Solomon, Bodybuilding.com Athlete, Creator of the Fat Loss Fast System.

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