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The Men's Health Big Book of 15-Minute Workouts: A Leaner, Stronger Body--in 15 Minutes a Day!

Selene Yeager, The Editors of Men's Health

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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--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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Lisa Buffington:

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Charles Adams:

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Jennifer Fountain:

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