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### **The Men's Health Big Book of 15 Minute Workouts A Leaner**

I highly recommend this book. It is great to bring on a vacation because it has some workouts that can be completed if you have limited time and equipment. It is also good if you don't have time for a full workout. You can also incorporate some of these quick workouts into a longer workout for some variety or squeeze one in during the lunch break.

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### **The Women's Health Big Book of 15 Minute Workouts A**

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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### **The Women's Health Big Book of 15 Minute Workouts A**

The Womens Health Big Book of 15 min workouts This book is fantastic. I absolutely love it. Som many different and super effective workouts. Its a must buy for anyone who loves to workout .

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### **Men s Health Big Book of 15 Minute Workouts My Subs**

Men love shortcuts. If there s a way to accomplish a job quicker and more efficiently, they re all for it. 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.

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