

The book was found

# 15-Minute Body Fix: Resize Your Thighs, Blast Belly Fat & Sculpt Lean Arms!



## Synopsis

Discover How to TRANSFORM Your Belly, Thighs & Arms In Just 15 Minutes A Day! FREE BONUS INCLUDED: If you download this book, you will get a FREE DOWNLOAD of Linda Westwood's best selling book, Quick & Easy Weight Loss: 97 Scientifically PROVEN Tips Even For Those With Busy Schedules! From the Best Selling weight loss writer, Linda Westwood, comes 15-Minute Body Fix: Resize Your Thighs, Blast Belly Fat & Sculpt Lean Arms! This book will jump-start your weight loss, increase your energy level, clear your mind, and improve your overall health! The best thing is that this is Linda's 3rd EDITION - which means expanded tips, tricks, strategies and BONUS sneak peeks at the back! If you feel like you need to give your weight loss a HUGE kick-start... If you feel like you're ready for a full-body transformation (especially your belly, thighs & arms)... Or if you're just sick of working out and seeing NO RESULTS... THIS BOOK IS FOR YOU! What This POWERFUL Exercise Book Will Teach You: This book provides you with a 15-Minute Body Fix plan that will have you transforming your entire body - especially your abs, thighs and arms - in JUST 15 MINUTES A DAY without too much exercise at all! It comes with the information, workouts, exercises, and all the steps that you need to know! Are you ready to look and feel slimmer, healthier, and sexier than you have in years? Then check out the 15-Minute Body Fix Exercise Plan and start transforming your life TODAY! If you successfully implement this 15-Minute Body Fix Exercise Plan, you will... \* Start losing weight without working out as hard\* Begin burning all that stubborn fat, especially belly fat, thigh fat and arm fat\* Say goodbye to inches off your waist and other hard-to-lose areas\* Learn how you can live a healthier lifestyle without trying\* Transform your body and mind in less than 3 weeks\* Get excited about eating healthy and working out - EVERY TIME! Tags: weight loss, weight loss exercises, exercises to lose weight, weight loss workouts, how to lose weight, exercise book, belly fat

## Book Information

Paperback: 92 pages

Publisher: CreateSpace Independent Publishing Platform (March 16, 2015)

Language: English

ISBN-10: 1512312231

ISBN-13: 978-1512312232

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 6.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 57 customer reviews

Best Sellers Rank: #595,267 in Books (See Top 100 in Books) #28 in Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts

## Customer Reviews

"When I bought this book I was pleasantly surprised by the wealth of unique techniques it provided. I was like, holy cow, something different, something easy, and it might actually work! The book itself was well organized and well written and I will definitely be looking for more books of this nature from author Linda Westwood." -- Alicia J. Love "As a fitness enthusiast, this is a complete guide to becoming physically fit by providing exercises and healthy meal plans. Each exercise has its own benefits such as working out your thighs, arms, and core muscles. Instructions on performing each exercise are provided and how to complete the exercises at the given time are also given. Recipes included in the book gives us a better understanding on how we can make changes in our food choices." -- Brianna Guidry "You will not look for more because this book already has what you need to stay fit and healthy. The workout exercises will definitely give you the shape that you have been always dreaming. The healthy recipes included in this guide are just suitable to help you become slimmer and healthier. Working out and healthy eating in one book!" -- Kelly Clark "Since I have delivered my first baby, I became big and fat. I have been trying to get them off me and get lean muscles and look sexier. And this book made it possible with just 15 minutes. I would love to recommend this book to my fellow teachers, friends and sisters who have been worrying their arms and thighs." -- Mimi Anderson "A good start for those who decided to change! Thank you for the inspiration!!" -- Rachel Miller "Great read, not only did the author write in a way that is very enjoyable to read, I can also fit in my old suit again after 3 weeks of using the tips and methods in this book. Great read, thank you Linda." -- Liam Persi

Linda Westwood is a #1 Best Selling author of various books about weight loss, dieting, exercise programs, and everything nutrition. In her books, Linda provides daily action plans and fantastic advice on how to lose weight, burning fat in those hard to lose areas, better eating habits, morning rituals that lead to a healthy body, and so much more.

As a plus sized woman who has been struggling with her weight for years, I can say I have heard, read, and tried every trick, fad, and diet out there and have become tired of all the copy cats and false information. When I bought this book I was pleasantly surprised by the wealth of unique techniques it provided. I was like, holy cow, something different, something easy, and it might

actually work! I have always known that small changes and some effort every day could really help me change my life but this book sorted out the details for me and gave me a better understanding of how to change my life and my health. So, I am going to try it. The book itself was well organized and well written and I will definitely be looking for more books of this nature from author Linda Westwood.

There is really a lot packed into this book. Recipes, exercise routines and programs, tips for healthy eating and exercising. Much more than I expected seeing the title of the book. I like how the author took time to write detailed instructions for every exercise. That is necessary for every fitness book, but many of them have too short descriptions and you end up searching for videos online. There is no need for that with this book so thumbs up for that. I didn't like the annoying ads for other books that are literally planted every 10-ish pages in the book. They cut up the text and make me mad. I realize that the author has to advertise other books, but come on, put them at the end or the beginning of the book, not like this. Besides that horrible design decision, the book is surprisingly complete fitness and health guide with sound advice and great exercise routines. Recommended.

I highly recommend this book for anyone who wants to improve his or her current level of fitness. Linda Westwood explains how to overcome common exercise obstacles, such as self-consciousness, lack of time, bad weather and lack of money or interest in gym memberships. Step by step (no pun intended), Linda takes you through the process of determining your personal goals and customizing a realistic fitness plan. You will find information on useful technology like heart rate monitors and exercise logs as well as the top wearable devices and workout reminders, such as Workout Trainer. She explains how to redefine your concept of exercise, enlist the assistance of family members, avoid burnout and break through plateaus. The book also has a tactic section on low-impact exercises for injured, out-of-shape or older people.

I really love how this book gives piles of different workouts. Many books either give a pile of exercises, but no structure as to where you should start. This book also includes a lot of exercises, but breaks them into different workouts dependent upon which part of the body you are focusing on. In addition, the book also includes meal ideas in order to help you reach your goals quickly. After trying this book for a while I can really see results. The key is to just follow the simple instructions and have fun!

Time management is the ability to work smart, not harder. This skill is extremely important into today's increasingly complex world. If the average person is to fit in work, family, and entertainment, much less exercise, planning is essential. This is where the 15 minute body fix comes in. With the workouts mentioned in this book you will get your goals in months that you are expecting to get in years. So I am very happy with the content of this book. Hats off for the writer.

I intend to do this 15 minute body fix exercise regimen since I have a very limited time in doing my physical work-outs. I don't have the luxury of time to go to the gym and this guide might serve the purpose of shedding off some weight and maintain a regular weight. The plan is very easy to follow and the exercise regimen is not at all complicated. I am sure that anybody can simply follow this 15 minute body fix regimen. Additionally, a guide in diet preparation for a healthy eating habit is provided in this book. Also, there are food recipes that are supposedly aimed to establish a healthy lifestyle. This book is just right for me.

I find this book good enough to start with in starting a new life the healthy and fit way. The book does not only include a work out guide but also a diet guide. It is perfect for those who want to do workouts and diet at the same period of time. You will not look for more because this book already has what you need to stay fit and healthy. The workout exercises will definitely give you the shape that you have been always dreaming. The healthy recipes included in this guide are just suitable to help you become slimmer and healthier. Aside from the workout exercises and recipes, you got many things to learn from here. I had a great time reading it and will definitely try it soon!

Obesity is the major root of many health related issues like joint pain and so on. To gain the weight is very easy but loose the weight is a very difficult task. I am a fitness trainer and i keep on reading the books on such topic. This book has the useful information which anyone can use to maintain its body in shape. Overall the information given in this book is reliable. This book has described the topics in a very simple way and also step by step. I learned few good things from this book.

[Download to continue reading...](#)

15-Minute Body Fix: Resize Your Thighs, Blast Belly Fat & Sculpt Lean Arms! BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1) Flat Belly Diet: The 14 Day Challenge - Flat Belly Diet Cookbook: Flat Belly Diet for Women, Flat Belly Diet for Men, Flat Belly Recipes, Eat ... Belly, Flat Belly, Flat Belly Diet (Volume 1) Belly Fat:

The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Lean Belly Breakthrough: The 2-Minute Belly Fat Shrinking Ritual (Reversing Diabetes and Preventing Heart Disease) Get Rid Of Fat Thighs: Discover the seven myths that contribute to weight gain, and foods that won't pack fat on your thighs. Tone Every Inch: The Fastest Way to Sculpt Your Belly, Butt & Thighs Tone Every Inch (TM): The Fastest Way to Sculpt Your Belly, Butt & Thighs Wheat Belly: Wheat Belly Slow Cooker: 30 Delicious Grain-Free Slow Cooker Recipes for Beginners (Wheat Belly, Wheat Belly Slow Cooker) Zero Belly Cookbook: 150+ Delicious Recipes to Flatten Your Belly, Turn Off Your Fat Genes, and Help Keep You Lean for Life! Carb Cycling: Unleash Your Body's Maximal Potential to Burn Fat and Build Lean Muscle Mass While Staying Lean (Including Recipes, Carb Cycling Diet, Ketogenic ... Muscle While Burning Fat, Healthy Body) Intermittent Fasting: Make Your Body Burn Fat For Fuel Everyday, Optimize Muscle Mass, Hormones And Health. Decrease Insulin Resistance And Body Fat (intermittent ... fasting for weight loss, lean body.) Intermittent Fasting: Everything You Need to Know About Intermittent Fasting For Beginner to Expert - Build Lean Muscle and Change Your Life (Lean Lifestyle, Lean Muscle, Lose Fat) Burn Belly Fat: 31 Ways to Melt Fat Around Your Belly & Tone Your Abs! How To Lose Thigh Fat: The Most Effective and Simple Solutions to Trim your Thighs (Thigh fat, slim thigh, reduce thigh fat, shape your thigh) Soup Diet Cookbook: No Wheat; No Gluten; No Hunger; No More Belly Fat!: 35 Yummy Soups and Smoothies to Lose Weight and Belly Fat Naturally Without Hunger; ... Friendly (How To Cook Healthy in a Hurry) Belly Fat (3rd Edition): 51 Quick & Simple Habits to Burn Belly Fat & Tone Abs! How to Burn Belly Fat: 37 Fitness Model Secrets to Burn Belly Fat ( Abs, Ab Workouts, Healthy Living Tips) Belly Fat: 51 Quick & Simple Habits to Burn Belly Fat & Tone Abs! Low Carb Diet: Burn Fat! Discover Delicious Recipes! And Lose Weight FAST! (Gluten Free Diet, Candida, Atkins Diet, Celiac, Fibromyalgia, Diabetes, Cancer, ... Belly, Grain, Brain, Epilepsy, Belly Fat)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)