

The book was found

7 Minutes To Fit: 50 Anytime, Anywhere Interval Workouts



Synopsis

There's a reason why searching Google for the New York Times article "The Scientific 7-Minute Workout" yields nearly 100 million results: we all want an exercise routine that's quick, efficient, and delivers powerful results. In *7 Minutes to Fit*, the scientific study's co-author presents 50 all-new high-intensity interval circuits that only require a chair and a timer. Award-winning personal trainer Brett Klika provides step-by-step explanations of basic exercise movements paired with illustrations so readers are ready to perform the workouts. With circuits devoted to full body, arms, legs, and core all wrapped up in a portable package, *7 Minutes to Fit* is an at-home personal trainer perfect for busy parents, traveling professionals, or time-strapped students.

Book Information

Paperback: 160 pages

Publisher: Chronicle Books (February 10, 2015)

Language: English

ISBN-10: 1452138478

ISBN-13: 978-1452138473

Product Dimensions: 5.2 x 0.5 x 7.2 inches

Shipping Weight: 10.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 29 customer reviews

Best Sellers Rank: #281,816 in Books (See Top 100 in Books) #82 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts](#)

Customer Reviews

Brett Klika is a certified strength and conditioning specialist, a former Olympic athlete trainer, and a fitness consultant for Fortune 500 companies. He lives in San Diego.

I found this book helpful. I disagree with another review stating that you already have to be fit to do the workouts in the book: this is false. The entire point of the book, as mentioned in the beginning pages, is that you can tailor each individual workout to your own fitness level. The only complaint I have, and it's a minor one, is that I wish there were more "floor exercises." I live in a second floor apartment and was hoping to be able to do all of the workouts in my living room since I have a new baby at home. A lot of the sequences have a few jump routines, so unfortunately I cannot do them inside or it would sound like a herd of elephants to my downstairs neighbors. It isn't a deal breaker, I just go outside, but just thought I would mention it for those of you who don't have that option. Just

like any workout book, it is only as effective as you choose to make it, though this is a nice starting point for a decent price.

I've really enjoyed these workouts. There is variety, it's quick, and it can be done anywhere with little to no equipment.

I could not fully understand the steps on how to preform some of the exercises

Well written and easy to follow! Quick workouts you can do any where! Perfect for a mom on the go!

This book is truly a great resource for those who only have a few minutes to work out. I use it at least twice a week and it's helped me to stay fit. It's easy to understand and the work outs are fun..!

This is a very good book. All the exercises are clear and easily understood.

Easy to use programs in the book means one can exercise anywhere with interesting, fun and easy to do exercises.

Very good book. I tailor the exercise to my fitness level

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

7 Minutes to Fit: 50 Anytime, Anywhere Interval Workouts High-Intensity Interval Training for Women: Burn More Fat in Less Time with HIIT Workouts You Can Do Anywhere HIIT: High Intensity Interval Training Guide Including Running, Cycling & Bodyweight Workouts For Weight Loss: Including Running, Cycling & Bodyweight Workouts for Weight Loss Cure Tight Hips Anywhere: Open Locked Up Hips and Pelvis Anytime, Anywhere (Simple Strength Book 1) CrossFit Workouts at Home - You can do these 24 workouts anywhere! Swim Workouts for Triathletes: Practical Workouts to Build Speed, Strength, and Endurance (Workouts in a Binder) Deep End of the Pool Workouts: No-Impact Interval Training and Strength Exercises Six-Week Bikini Countdown: Tone your butt, abs, and thighs fast combining Pilates with select strength and cardio interval training workouts Mallmann on Fire: 100 Inspired Recipes to Grill Anytime, Anywhere Anywhere, Anytime Art: Crayon: An artist's colorful guide to drawing on the go! Effortless Small Talk: Learn How to Talk to Anyone, Anytime, Anywhere...Even If You're Painfully Shy Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere The Magic Book: The Complete

Beginners Guide to Anytime, Anywhere Close-Up Magic Vegan on the Go: Fast, easy, affordable
anytime, anywhere Beyond The Back Yard: Train Your Dog to Listen Anytime, Anywhere! Spell For
Remote Viewing: See Anyone Anywhere Anytime Out of Body Ecstasy: Telepathic, Dream, & Astral
Sex: The Anywhere, Anytime, Orgasmic Experience Meditation Now: A Beginner's Guide:
10-Minute Meditations to Restore Calm and Joy Anytime, Anywhere How to Talk to Anyone,
Anytime, Anywhere: The Secrets of Good Communication Anywhere, Anytime Art: Watercolor: An
artist's guide to painting on the go!

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)