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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

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

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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

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