



Men's Health The Body You Want in the Time You Have: The Ultimate Guide to Getting Leaner and Building Muscle with Workouts that Fit Any Schedule

Myatt Murphy

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The former fitness editor of Men's Health magazine presents the ultimate no-excuses workout book for time-pressed men and women at every fitness level

For most people, the hardest hurdle to overcome in following a fitness regimen is simply finding the time to do it. But as this book shows, it is possible to burn fat, build muscle, and stay fit?no matter how much (or little) time one has! That's the promise fitness expert Myatt Murphy makes in this fabulous new exercise guide?the first book that offers a wide range of workouts catered to any schedule.

Workouts are organized by how many days a week individuals have to exercise, and subdivided into 10-, 20-, 30-, 45-, and 60-minute exercise blocks. There are four variations on each of the above regimens?one for building lean muscle, one for weight loss, one for muscle power, and one that gives the best of all three. All in all, there are 120 workout choices, each specifically created to match the exerciser's current goals! Murphy shows how to complete any workout in a time-efficient way and how to compensate for limited time with different exercises that will keep muscles challenged. More than 250 photographs illustrate the exercises, and sound nutritional tips round out this all-new approach to fitness?destined to be the workout bible for countless busy people.

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