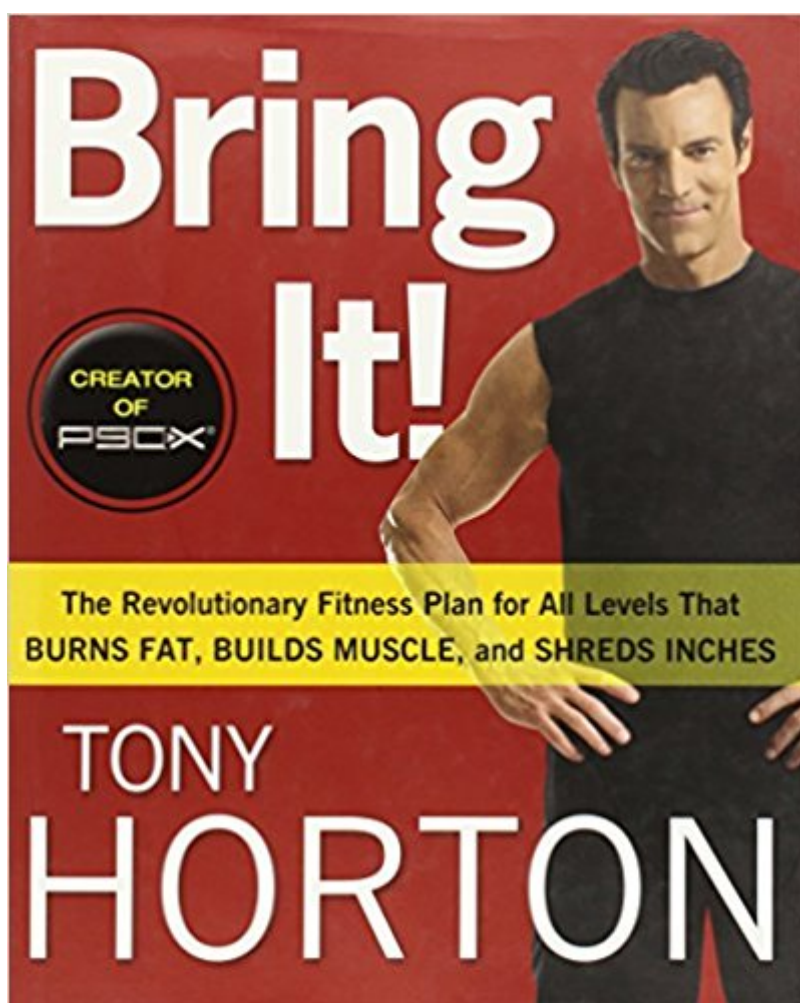




The book was found

Bring It!: The Revolutionary Fitness Plan For All Levels That Burns Fat, Builds Muscle, And Shreds Inches



Synopsis

Creator of the best-selling P90X® workout series, Tony Horton shows you how to Bring It! for the results you want. Over the past 25 years, Tony Horton has helped millions of people—from stay-at-home moms to military personnel to A-list celebrities—transform their bodies and their lives with innovative workouts and cutting-edge advice. Now in his first book he shares the fundamentals of his fitness philosophy with millions more, revealing his secrets for getting fit and healthy and melting away pounds. One-size-fits-all diets and exercise regimens just don't work—that's why Tony creates unique programs for each of his clients. In Bring It! he shows you how to build your own diet and fitness plan tailored to your individual lifestyle, preferences, and goals. With a Fitness Quotient (FQ) quiz designed to assess your likes, dislikes, and current fitness level, you can choose the program that's right for you. In photographs and easy-to-follow instructions, Tony demonstrates his unique moves and exercise combinations that include cardio fat burners, lower body blitzers, core strengthening, plyometrics, yoga, and more. You'll also discover Tony's fat-blasting eating plan and detox tips, delicious recipes, and mental motivators. Whether you've never been to the gym before, are looking to get bikini ready, or simply want to take your workout to the next level, Tony Horton can give you the results you've been looking for. A better body—and future—is possible when you commit to change. Get ready to Bring It!

Book Information

Hardcover: 304 pages

Publisher: Rodale Books; 1 edition (December 21, 2010)

Language: English

ISBN-10: 1605293083

ISBN-13: 978-1605293080

Product Dimensions: 8.3 x 0.8 x 10.3 inches

Shipping Weight: 2.3 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 107 customer reviews

Best Sellers Rank: #881,627 in Books (See Top 100 in Books) #112 in Books > Health,

Fitness & Dieting > Exercise & Fitness > Stretching #1320 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation

Customer Reviews

“Doc Horton. He's the Master. There's a P90X army out there--it's athletic and more

explosive than any other, and he's leading it. • Mike Golic, cohost, ESPN Radio's Mike & Mike in the Morning "Let Tony guide you to the best physical shape of your life. He did it for me with P90X. Decide, commit, use Tony. • Jim Rome, host, The Jim Rome Show

Tony Horton is the creator of the best-selling P90X DVD series by fitness company Beachbody®. He has been featured in publications such as Men's Fitness, the Los Angeles Times, and the Washington Post and on ESPN radio, Fox & Friends, and more. He lives in Southern California.

Tony Horton... what more can I say the man is incredible and so is this book. Well worth the money for those who love p90x and health in general.

Tony presents his views and techniques in a well organized, well thought out and executed fashion. Sure, some of the stuff he goes over is going to be familiar to those who are well into the P90X routine and beyond, but why wouldn't that be the case? For people like me who are just now struggling to get through the Power 90 series, the book illustrates how Mr. Horton has advanced in his routines and diet since he created that older workout series. The book has well illustrated workout routines and excellent diet advice. Not only that, but it's a fun, thoroughly enjoyable read. Tony is such a great guy, that you can't help but be motivated to improve your life by his kind, thoughtful words. He is absolutely passionate about fitness and health, and in my opinion is the Jack LaLanne of our generation. Only difference is that people are ready to listen now. No, I don't work for Beachbody and heck, I'm not even a coach. I'm just one of the millions whose life Tony Horton has touched. I very highly recommend this nice, hardbound book. At the price I got it for (~\$19, and now I see it's on sale for even less) it was a real bargain.

I pre-ordered this book when it was first released. I was SO EXCITED because I had just completed a round of P90X and I was pumped to hear more from Tony. Sadly, I was fairly disappointed. It isn't that the book is bad, it's just that it was targeted to more of a beginner audience. There are huge sections about getting motivated, evaluating your fitness level, photos of exercises, etc. Many of the exercises are from P90X, so if you've done that, there's nothing groundbreaking in here. The really new part for me was the nutrition section. I got P90X from a friend, so I had never seen the nutrition part of the program. This could just be a repeat of that, but I don't know. I see the reasons behind

cutting out dairy/ sugar/ etc... but this is extremely hard. Especially for beginners, which I think the book is aimed at. If someone is really ready to get started and hit it, then this could work for them. I'm sure that detoxes serve a purpose for a lot of people, but they just don't appeal to me. I'm generally trying to strike a balance with my diet so the tips and recipes were a little out there for me. Recipes don't appeal to me if I have to buy a bunch of new ingredients to try them, so that was a downer. If you're just starting out and you can't afford to buy the DVDs, go ahead and buy the book to get started. But otherwise, you're probably already too advanced for most of the material.

If you're new to the concept of regular exercise and want a program that is simple to follow and doesn't require expensive gym memberships or sophisticated equipment, this is a good book to start with. Most of the exercise require nothing more than a set of dumbbells or bands. As other reviewers have noted this if you are an avid P90X devotee or already have a rigorous exercise program you're happy with this is probably not the book for you.

This book, from start to finish, is filled with inspiring, intelligent, motivational, and invaluable information from the great Tony Horton. Let me be clear: I did not buy this book for the exercise routines (if they are anything like P90X, then rest-assured they are superb) - P90X gives me all that I need. Where this book really shines is with the motivational, nutritional, and supplemental information shared by Tony. I learned a lot of things that I did not learn or take away from P90X with regards to maximizing your health, wellness, and lifestyle. This book really teaches you how to eat well, both through diet and supplementation. If you've used or are using P90X and follow the diet, then I strongly recommend purchasing this book. Tony digs down deep and shares so much useful, beneficial information - \$9.99 is a steal. Thank you, Tony!

get book that I have read off and on for 3 years. good workout, good advice and great recipes.

I've done a couple rounds of P90X so far, and this stuff works. I've been doing the warrior workout for a couple weeks, and it reminds me a bit like, but a tad more difficult than P90X+. Already, I'm seeing great results where before I was stagnating. There is enough information in this book to create your own workout by following the examples given. For me, at the age of 41 this is just exactly the way I want to work out. Your muscles will get resilient, and strong. You will be in great shape, if you follow instruction and diet correctly. I'm not huge fan of the vegetarian diet and follow my own carefully planned out clean eating (with meat!) diet. But, the plan in this book is solid with a

lot of good information. My only beef is with the Yoga workout. It could have used a bit more editing as it is a bit confusing where the rounds start and end.

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

Bring It!: The Revolutionary Fitness Plan for All Levels That Burns Fat, Builds Muscle, and Shreds Inches
Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength)
Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit)
Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes)
Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle
The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series)
DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat)
Supplements: The Ultimate Supplement Guide For Men: Health, Fitness, Bodybuilding, Muscle and Strength (Fitness Supplements, Muscle Building, Supplements ... Diet, Supplements Guide, Supplem)
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: How To Lose Weight, Burn Fat & Build Lean Muscle The Easy Way (Intermittent Fasting, Burn Fat, Build Lean Muscle, Lose Weight)
Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty)
Ketogenic Diet for Dummies: How I lost 10 lbs & 2 inches Off My Belly and Hips in Just 45 Minutes a Week (My fitness program weight loss and build muscle by Martin Jackson)
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)
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)
Muscle building box set: Ectomorph: How to Pack on as Much Muscle as Possible in the Shortest Time, The 10 Best Ever Muscle Building Technique, 30+ Bulking Recipes, 3x books in one , De gordita a mamacita / From FAT to FAB. A complete diet and exercise/fitness plan to become irresistibly healthy.: Un completo plan de alimentaciÃ³n y ... irresistiblemente sana (Spanish Edition)
Infant Daily Report For

Parents: Large 8.5 Inches By 11 Inches Log Book For Boys And Girls Log Feed Diaper changes
Sleep To Do List And Notes Child Care Infant Daily Report: Large 8.5 Inches By 11 Inches Log
Book For Boys And Girls Log Feed Diaper changes Sleep To Do List And Notes Muscle Myths: 50
Health & Fitness Mistakes You Don't Know You're Making (The Build Healthy Muscle Series)
Muscle Myths: 50 Health & Fitness Mistakes You Don't Know You're Making: Build Healthy Muscle

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)