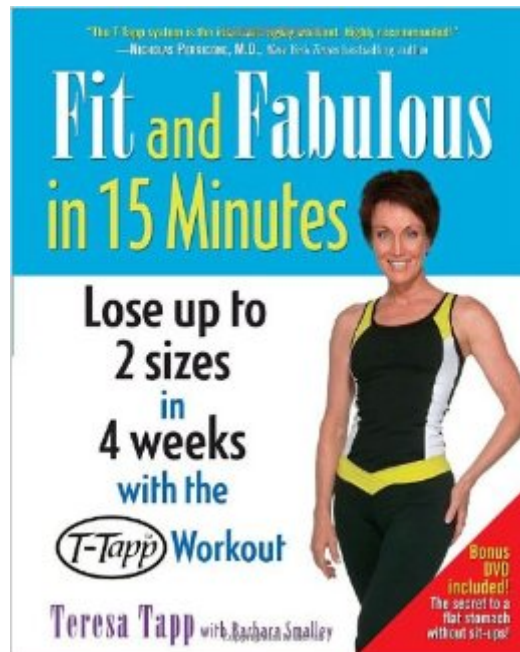


The book was found

Fit And Fabulous In 15 Minutes



Synopsis

The T-Tapp system is the ideal anti-aging workout. Highly recommended! “Nicholas Perricone, M.D., New York Times bestselling author The most efficient and effective workout you’ll ever do! Imagine an exercise program that requires no equipment, no weights, and no bands. There is no jumping or stress to your joints. Yet everyone gets results regardless of fitness level! Created by renowned fitness expert Teresa Tapp, the revolutionary T-Tapp Workout reshapes your body while it fires up your metabolism. All you need is four square feet of space and just 15 minutes a day in order to see a dramatic loss of inches. How does it work? T-Tapp’s unique sequence of comprehensive, compound muscle movements works the muscles layer by layer, from the inside out, to cinch, tighten, and tone them and burn fat better. Fit and Fabulous in 15 Minutes is the complete introduction to this amazing program. By doing Teresa Tapp’s signature 15-minute workout, or the extended 45-minute workout, you can: • lose a clothing size “in just two weeks • flatten your belly without doing a single crunch • develop strength and improve bone density without lifting a single weight • build sleek muscles and improve posture • lower blood pressure and cholesterol the natural way • improve blood-sugar levels in type 2 diabetes The no-impact workout is safe for those with shoulder, hip, knee, neck, and back concerns, and is also effective for those with conditions such as arthritis, fibromyalgia, lupus, chronic fatigue syndrome, and multiple sclerosis. With T-Tapp you’re building a better body “inside and out. Completely illustrated with step-by-step photographs that show how to do the exercises, Fit and Fabulous in 15 Minutes also includes inspiring testimonials and an easy-to-follow food plan. If you want real results “real fast “tap into the power of T-Tapp!

Book Information

Paperback: 288 pages

Publisher: Ballantine Books; Pap/DVD Re edition (December 26, 2006)

Language: English

ISBN-10: 0345484045

ISBN-13: 978-0345484048

Product Dimensions: 7.5 x 0.7 x 9.2 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars • See all reviews • (329 customer reviews)

Best Sellers Rank: #16,859 in Books (See Top 100 in Books) #6 in Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts #39 in Books > Health, Fitness & Dieting >

Customer Reviews

I have never written a review before but have felt it was the least I could do for what I have received from this program. I purchased this book on impulse, and at the time was committed to doing my free weights routine from Joyce Vedral's book (one of her many). I was about 3 mths into the Joyce Vedral program and was beginning to see some improvement (which is about the time period her bk tells you to expect). Not needing to try yet another routine I found myself buying the T-Tapp book. After reading it over the weekend I was truly inspired by all of the wonderful testimonies, before and after pictures and the stated benefits (beyond body shaping) that the book covers. I started the routine and was able to accomplish the first fifteen min routine on my own but was really left wondering if I was missing something in my form so I redeemed my coupon and bot the DVD for the Total Workout (which with the 30% off and the free DVD in the back it is a good deal I think). Let me tell you, I am SO impressed with the results. I fortunately don't have pounds to loose just shaping up. Ever since I had my son at age 21 I started a pilgrimage of what workout routine would finally get me back into shape. I also thought in the back of my mind that one day before I was old I would like to experience what it would be like to be fit again. I have done yoga (Bikram), pilates, gym with weights, free weights at home, callanetics, lotte burk etc. etc. The thing that most impresses me about this program is that the results are so fast. A couple of weeks in and I was really seeing toning, flatter stomach and most importantly losing back fat!

My energy and my mood have sky-rocketed! After years of extreme, undiagnosed fatigue and steady weight gain, I suddenly feel great. I am playful instead of dutiful with my children, I am dancing and singing along with the music station instead of slogging through my day listening to monotonous talk radio, and my husband and I are experiencing something akin to a renaissance. And I am loving my snug clothes getting loose and my loose clothes hitting the Goodwill box. T-Tapp is the real deal. It really works, and works quickly. But be forewarned: it isn't without effort. It is completely unlike getting on a treadmill and zoning out for thirty minutes. Learning T-Tapp is more like learning to play an instrument. It requires thought, concentration, application, and practice. For example, after doing Organs in Place all week, I suddenly felt a real, physical shift occur while I was doing "tighten, release, tighten, release" the other day. I had been thinking of that part as just strengthening muscles after organs were in place, but no--it is a huge part of the actual "putting

organs in place" part! A week of going through the motions, and then sudden insight and a new level of effectiveness. This new understanding has changed the way I do that move a bit. Now, I was already seeing great progress before I *got* this fine point, but getting it really made a difference. In other words, faking it till you make it is okay, in fact, vital, as long as you keep trying to perfect your technique. I am generally pleased with the book itself. Unfortunately, it can't download the information directly into my brain, but it does give detailed, well-illustrated instructions for each posture and movement, including the whys and the most common mistakes.

I am 55 years old. Long ago I learned to ignore book titles that over-promise. So I never would have given this book, promising the loss of 2 sizes in 4 weeks, a second glance except that Mary Shomon recommended it. Mary has a lot of credibility with me, as she wrote the best book I've read on thyroid issues: *Living Well with Hypothyroidism: What Your Doctor Doesn't Tell You... That You Need to Know* (Revised Edition) In Mary's newsletter, I clicked on a link to a short video of Teresa Tapp demonstrating one of her exercises. My interest was piqued. This was an approach to exercise I'd never seen before. I grew up in a sports family and have exercised fairly consistently all my life, including weight training for 15 years with personal trainers and swimming competitively for many years with Masters. However, no exercise I ever did prepared me for the T-Tapp program. I received the book in the mail ten days ago, read it through, and today am on Day 7 of the 15-minute workout (which takes me about 40 minutes because I'm just learning). In FOUR days (FOUR DAYS!) my clothes were fitting better. A pair of slacks I could barely button the week before fit just fine after four days of T-Tapping. I couldn't believe it. Nothing I've done exercise-wise has ever worked so quickly. Each day I continue to improve. I've had no muscle soreness but do feel a warm tingle (not at all uncomfortable) up and down my spine. And when I race up the four flights of stairs to my apartment, I'm not out of breath!

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

Fit and Fabulous in 15 Minutes 4 Weeks of Fabulous Paleolithic Breakfasts (4 Weeks of Fabulous Paleo Recipes Book 1) Body and Soul: A Girl's Guide to a Fit, Fun and Fabulous Life Pregnant, Fit and Fabulous: Your Complete Guide to Exercise Before, During and After Pregnancy Fit and Fabulous After 40: A 5-Part Program for Turning Back the Clock Get Fit, Stay Fit No Gym Needed - Quick & Simple Workouts for Busy Guys: Get a 'Fit' Body in 30 Minutes or Less! Five Good Minutes: 100 Morning Practices to Help You Stay Calm and Focused All Day Long (The Five Good Minutes Series) Sams Teach Yourself Google Analytics in 10 Minutes (Sams Teach Yourself -- Minutes) Gmail in 10 Minutes, Sams Teach Yourself (2nd Edition) (Sams Teach Yourself -- Minutes) Gmail in

10 Minutes, Sams Teach Yourself (Sams Teach Yourself -- Minutes) Low Carb: In 20 Minutes - Over 60 Easy One Skillet Recipes in 20 Minutes Or Less 10 Tips in 10 Minutes using Microsoft Outlook 2010 (Tips in Minutes using Windows 7 & Office 2010 Book 6) Natural Meals In Minutes - High-Fiber, Low-Fat Meatless Storage Meals-in 30 Minutes or Less! J. S. Mill in 90 Minutes (Philosophers in 90 Minutes Series) Style: The Lady's Guide to French Style, Fashion and Beauty- Get Dressed to Look Charm and Elegant (French Chic, Sense of Style, Style, Style Books, Style ... Dressed, Look Hot, Look Fabulous Book 1) 35 Italian Recipes For Your Slow Cooker - Fabulous Italian Meals and Italian Cuisine (The Slow Cooker Meals And Crock Pot Recipes Collection Book 1) Learn to Use Two-Hole Beads with 25 Fabulous Projects: A Beginner's Guide to Designing With Twin Beads, SuperDuos, and More Extreme Pumpkin Carving, Second Edition Revised and Expanded: 20 Amazing Designs from Frightful to Fabulous Presenting the Turkey: The Fabulous Story of a Flamboyant and Flavourful Bird

[Dmca](#)