



# **15 Minutes to Fit: The Simple 30-Day Guide to Total Fitness, 15 Minutes At A Time**

*Zuzka Light, Jeff O'Connell*

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**YouTube workout video star Zuzka Light presents her long-awaited debut fitness book, with a 30-day fitness regime of powerful, effective 15-minute workouts.**

Filming first from a tiny basement in Prague, and eventually settling in Los Angeles, Zuzka Light has single-handedly ushered in the YouTube fitness revolution. Viewers love Light for her short, ferociously effective workouts and her in-the-trenches, never-give-up positive attitude—and she's racked up more than half a billion views to prove it.

Now, finally, comes *15 Minutes to Fit*, Light's hotly anticipated debut, with a 30-day fitness plan guaranteed to burn fat and build ripped muscles. Based on innovative high-intensity interval training, the workouts in *15 Minutes to Fit* are designed to be done anywhere, anytime (no fancy gym equipment necessary), in just 15 minutes a day. This book takes the guesswork out of the workout, providing:

- A 30-day workout plan to whip your body into shape—in *15 minutes a day or less*
- A companion meal plan, with delicious and healthful recipes for each day
- Step-by-step photographs throughout to illustrate proper form for the workouts
- Quick facts on health and nutrition to help readers separate fact from fiction
- Support and motivation from Light, who overcame many obstacles to become the female face of fitness

As Light says, "Give me 15 minutes a day and I'll give you a badass body." Coauthored by *New York Times*–bestselling author Jeff O'Connell, *15 Minutes to Fit* is the book legions of fans have been waiting for.

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