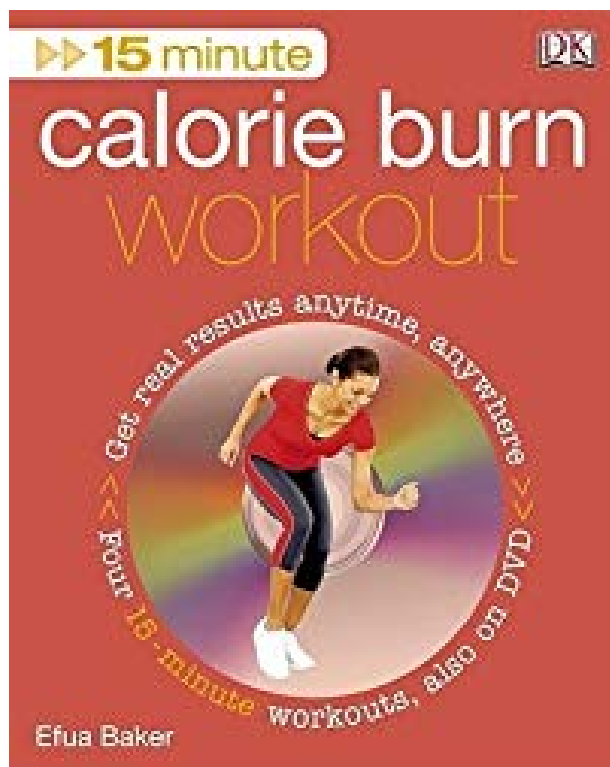


15 Minute Calorie Burn Workout



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No time to exercise? No problem! With fold-out exercise charts and an exercise DVD, the 15-Minute Fitness Series gives readers everything they need to squeeze regular exercise sessions into even the most hectic day.

Forget gyms, expensive home equipment, and hours of punishing fitness regimes! With the 15 Minute Calorie Burn Workout you'll have a leaner body in no time.