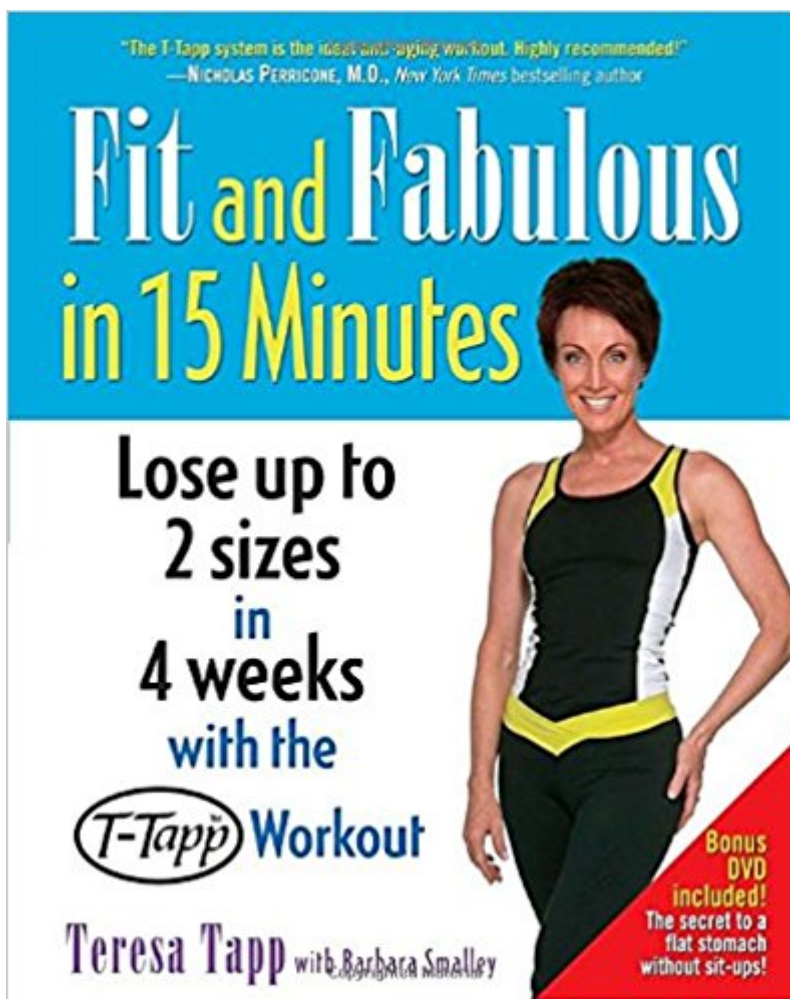




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# Fit And Fabulous In 15 Minutes



## 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, eat fast! Tap into the power of T-Tapp!

## Book Information

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## Customer Reviews

Less is more, even in exercise! In her new book *Fit and Fabulous in 15 Minutes*, Teresa Tapp reveals her signature T-Tapp Workout, and teaches you how to "use your body as a machine so you can lose inches quick, build bone density, and condition your heart, all with only 8 repetitions and no equipment." Watch our exclusive video with Teresa Tapp [Watch the video](#) --This text refers to an out of print or unavailable edition of this title.

The word is out on T-Tapp! "I lost seven sizes in six months with T-Tapp, and I never even for a fraction of a second believed that this would work for me! If I can do it, anyone can." --Carol Severson, Illinois "For years, I went to the gym six days a week, two hours a day, but with no success. Then I discovered T-Tapp. After only eight weeks, I had returned to my normal weight, shape, and energy level." --Emily Richter, California "After sixty days, I'd lost sixteen and a half inches overall, including five inches off my waist. Not only did I feel better, but friends were commenting that I actually looked taller -- probably because my posture had improved." --Robert Mecham, Utah "I lost a clothing size in the first two weeks! Over the next four months, I went from a middle-age 40-30-42 figure to a sexy 37-27-37 figure. Now it's easy to maintain a size 6 with just two workouts a week." --Margie Weiss, Florida "I started out wearing a size 14 and now I'm fitting comfortably into my size 10s. I can even button the 8s! Thank you for the workout that works!" --Bekki Johnson, Colorado "I have type 2 diabetes, but since I started T-Tapping, I've had perfectly normal blood sugar levels. I've also lost twenty-five pounds and over twenty inches!" --Aimee Dubuisson, Texas From the Hardcover edition.

It is extremely difficult to follow the exercises in the book. A "15 Minute Workout" becomes takes over an hour. Even after trying it for a week, I don't feel like I am doing the exercises correctly and

still takes 45 minutes. I keep having to check the book. Would have been very helpful if the DVD included the workouts. I thought they did, but it doesn't.

The book is informative, but the workout is too difficult to do if you've never seen the moves done before. There are some videos provided on the website, but out of the fifteen minute workout, I was only able to find two of the exercises demonstrated on the website. The DVD provided with the book only shows three exercises, and only one of those is part of the fifteen minute workout. The Total workout is also printed in the book, but it would be a nightmare to try and figure out without the DVD's. Just do yourself a favor and go ahead and order the workout programs. This book is the short cut version, and the instructions are so verbose that even with my husband talking me through the moves, I still became frustrated. I haven't been doing the program long enough to see any change, but I can tell you that it's work, so I'm hopeful that I'll begin to see changes as the book promises.

This workout is **AMAZING!** I've seen a 13+ inch loss in one month and can feel muscles developing in so many places. I love Teresa Tapp!

I have had this book for eight years and only just decided to post a review. In the interests of full disclosure, I need to report that I own every workout Teresa Tapp has put out. I've downloaded every youtube she's posted on her feed as well as those posted by news stations. This book is a great guide to her basic workout, which is 15 minutes long. You get a dvd with the book for form pointers in working your core. If there is a magic workout bullet, Teresa's method is that magic bullet. She explains body types and how different body types can get out of shape. She explains the form needed for each exercise sequence in her 15 mins Basic Workout. She has plenty of picture for you to follow along. I have owned her Basic Workout for over 15 years, and when this book came along, I was delighted. I pick it up about once a year to review my form as I do the BWO. There's even a 20% off coupon with the book in case you want to go ahead and get the BWO dvd. This book is easy to read and easy to follow along. If you're busy and need to work your muscles in the most efficient way possible, this is the book and the workout for you.

Seeing great results with this routine. It is called the hybrid of all workouts. Its great for people that don't like to workout. Your heart rate won't increase so much that you are gasping for air. It's a nice increase in breathing and heart, and I can assure you that you will see results. Buy the video/dvd

also. I play the dvd each time I workout. I use an hdmi cable attached from my computer to my tv, and now I view the workout on the large screen tv, it makes the whole experience more fun.

If you are buying this book to get the exercises, the DVDs are really a better way to understand. The book is good in the fact that it explains each and why you are doing it the T-Tapp way, but the breakdown of each exercise is very confusing.

I didn't realize that I wouldn't be receiving the DVD along with the Kindle edition. I think that the program sounds intriguing and I would have liked to have tried it, but with only reading the explanation, it is difficult.

This product really deserves five stars - the TTap system is incredible and this book is well written, comprehensive, and easy to follow in reading. I am deducting one star from it for this reason - as a new TTap user I am trying to do Bootcamp with the exercises as Teresa describes in the book. But trying to keep such specific and complex forms and exercises going while reading complicated instructions and turning pages is nearly impossible for me. Having not seen any of the DVD's except the one included in the back of the book, I don't know what the moves look like in real time or what the tempo is, which makes trying to learn it from text, in the middle of a workout, really tough. I could be missing something crucial, but as far as I can tell all that I need that I don't have is either the DVD workouts or a TTap trainer to help me. Thus, I can without reserve recommend the system and workout. But if you have not seen or done Teresa's program this is not the easiest format to learn it in, at least for me. TTap is incredible and the book is a gem for correcting form issues and troubleshooting, but the complexity and specificity of her system almost necessitates a live, real time workout track and a book ain't it. Buy this, but do buy Total Workout or Basic Plus with it, too!

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