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***First Impressions Lean in 15: The Sustain Plan*** When I got home from work my brand new **lean in 15** book had arrived and I couldn't wait to film a first impressions video!

***Joe Wicks Talks About His Latest Book, "Lean In 15: The Sustain Plan"*** Joe Wicks, fitness guru, heart-throb and presenter of The Body Coach discusses his third book, "**Lean in 15: The Sustain Plan**".

***16 Minute Hotel HIIT Workout | Low Impact | No Noise |***

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**The Body Coach** This workout is great if you're looking for something that's a bit more low impact. It's also great if you need to keep the noise down.

**10 Minute Abs Blaster | The Body Coach** This is a great workout to get your abs working and strengthening your core. You can do it at the end of a HIIT or on it's own if you ...

**Abs Workout** Try this 300 rep abs workout to build yourself a 6 pack. — Find my books here: **Lean in 15** The Shift Plan <http://amzn.to/2ixLrD2> ...

**How to warm-up before a HIIT session | The Body Coach** It's really important that you warm-up before doing any exercise. In this video I'll show you how to loosen up your whole body ...

**15 Minute Fat Burning HIIT Workout | No Equipment | The Body Coach** 3 rounds | 5 exercises | Working for 35 seconds | Rest for 25 seconds 6 High Knees then 4 Lunge Jumps 5 Narrow Press-Ups into ...

**18 Minute Low Impact Intermediate HIIT | The Body Coach** This is a great intermediate level HIIT workout for those that prefer something a bit more low impact. This is perfect if you're ...

**18 Minute Full Body Kettlebell & Cardio Workout | The Body Coach with Technogym Master Trainer** Find my books here: **Lean in 15** The Shift Plan <http://amzn.to/2ixLrD2> **Lean in 15** The Shape Plan <http://amzn.to/1TPTIBQ> **Lean in ...**

**Naughty 15 Minute Fat Burning HIIT Workout ☐☐ | The Body Coach** This workout is made up of 3 different circuits. We're going to work hard for 40 seconds, then rest for 20 seconds, and repeat each ...

**Absolute Beginners HIIT Workout | The Body Coach | Joe Wicks** If you're new to HIIT workouts and looking for something to get you started, this workout is just for you. I hope you enjoy. Let me ...

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**15 Minute Legs, Bums & Tums HIIT Workout | The Body Coach** 3 rounds | 6 exercises | 30 seconds work | 20 seconds rest Lateral Squat Walk Lunge Forward & Back (Right Leg) Lunge Forward ...

**5 Minute Abs | The Body Coach** Find my books here: **Lean in 15** The Shift Plan <http://amzn.to/2ixLrD2> **Lean in 15** The Shape Plan <http://amzn.to/1TPTIBQ> **Lean in ...**

**HIIT Home Workout for beginners** Try my HIIT home workout. 4 rounds | 4 exercises | 30 seconds work | 30 seconds rest High Knees Burpees Power Squats ...

**12 Minute Leg Burner | Home Workout | The Body Coach** Wow I felt this one the next day. This is a great little workout and it's only 12 minutes, but trust me it's all you need to get those legs ...

**12 Minute Advanced Tabata | The Body Coach** 5 exercises | 5 rounds of each exercise | 20 seconds work | 10 seconds rest Broad Jump Burpee Mountain Climbers Tuck Jumps ...

**10 Minute Pre-workout Warm Up | The Body Coach** Before every workout it's so important to warm up to reduce the risk of injury. This is a great functional mobility warm up to get you ...

**20 Minute Intense Fat Burner | Home HIIT | The Body Coach** 4 exercises | Repeat each exercise 5 times | 30 seconds work | 30 seconds rest 10 High Knees with 2 Press Ups 4 Lunge Jumps ...

**Full Body Strength Workout With Dumbbells | The Body Coach** Something a bit different this week. We're slowing things down with a dumbbell workout, focussing on reps. 5 rounds | 5 exercises ...

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