



FOR IMMEDIATE RELEASE

JUNE 27, 2017

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GET FIT AND LOSE WEIGHT IN ONLY 14 MINUTES

SAN DIEGO, CA – Time. It is the thing that most people claim they don't have enough of, and the lack of it is the most common excuse for not exercising. But everyone has fourteen minutes. This is the subject of Dr. Jason Karp's highly anticipated new book, *14-Minute Metabolic Workouts: The Fastest, Most Effective Way to Lose Weight and Get Fit*.

The book includes a variety of compact, science-based workouts that target the five components of physical fitness—cardiovascular endurance, muscular endurance, muscular strength, body composition, and flexibility. Readers will enjoy a mix of cardio intervals, sprint intervals, muscular strength, power, and endurance workouts, circuits, plyometrics, and flexibility workouts. The book also includes workouts that can be done at the gym, at home, or outside, and cleverly puts them all together in a menu of workouts to create a complete training program. *14-Minute Metabolic Workouts* is the solution to everyone's time problem, giving you amazing results in 14 minutes or less.

Published by Skyhorse, *14-Minute Metabolic Workouts* is Dr. Karp's eighth book. The 2011 IDEA Health & Fitness Association's Personal Trainer of the Year, his other books include *Run Your Fat Off*, *The Inner Runner*, *Running a Marathon For Dummies*, *Running for Women*, *101 Winning Racing Strategies for Runners*, *101 Developmental Concepts & Workouts for Cross Country Runners*, and *How to Survive Your PhD*. His ninth book, *Sex and Exercise & Exercise and Sex*, is due out in fall, 2018.

Ten percent of sales of *14-Minute Metabolic Workouts* are donated to Susan G. Komen for the Cure® and American Heart Association in memory of the author's parents. For book signings, speaking engagements, or to book Dr. Jason as a guest, please contact media@run-fit.com.

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