



# Bring it

*Tony Horton*

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## Bring it Tony Horton

Creator of the best-selling P90X workout series, Tony Horton shows you how to *Bring It!* for the results you want.

Over the past 25 years, Tony Horton has helped millions of people--from stay-at home moms to military personnel to list celebrities--transform their bodies and their lives with innovative workouts and cutting-edge advice. Now in his first book he shares the fundamentals of his fitness philosophy with millions more, revealing his secrets for getting fit and healthy and melting away pounds.

One-size-fits-all diets and exercise regimens just don't work--that's why Tony creates unique programs for each of his clients. In *Bring It!* he shows you how to build your own diet and fitness plan tailored to your individual lifestyle, preferences, and goals. With a Fitness Quotient (FQ) quiz designed to assess your likes, dislikes, and current fitness level, you can choose the program that's right for you.

In photographs and easy-to-follow instructions, Tony demonstrates his unique moves and exercise combinations that include cardio fat burners, lower body blitzers, core strengthening, plyometrics, yoga, and more. You'll also discover Tony's fat-blasting eating plan and detox tips, delicious recipes, and mental motivators.

Whether you've never been to the gym before, are looking to get bikini ready, or simply want to take your workout to the next level, Tony Horton can give you the results you've been looking for. A better body--and future--is possible when you commit to change. Get ready to *Bring It!*

## Bring it Details

Date : Published (first published December 17th 2010)

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Author : Tony Horton

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# From Reader Review Bring it for online ebook

## Angela Mcvay says

Apparently, I know a lot about fitness as I really did not pick up anything new from this book. However, I am a fan of P90x and Tony does a great job with his motivational talks and stories. The pictures and descriptions of actual exercises are great and probably helpful to people just getting started. The diet is the epitome of a strictly clean diet and there are some great looking recipes. Definitely worth a look at this book if you are a P90x fan. Also, provides some sample workouts.

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## Diana says

It's hard to give this a rating, or even a review. Apparently 2/5 stars means "it was ok". Which it was. I enjoyed skimming through the motivational sections, including his chatty writing style in which he'll parenthetically muse about things like if clams are really happy. That might get on some people's nerves though. The actual workouts seemed good, and easy to do at home, so I like having the reference around. However, the nature of the ebook edition is that it's a little harder to flip around to the right pages to help with the exercises. (And even the descriptions themselves with the accompanying pictures themselves aren't the best written or illustrated I've seen. Ideally the pictures should give you a pretty good idea and hint at what you're doing. I couldn't really tell...) But there are general concepts that are also a part of the P90x plan that are good to read about, and if I ever find myself in an exercising rut (if I ever keep to any plan, ha! According to the book I'm a "Striver"), I might look a few things up.

The diet and nutrition section was the far less persuasive and weaker part of the book. In 30 days during a "Cleanse" period you're to give up caffeine, alcohol, sugar, gluten, and animal products, including dairy and eggs. All doable, sure, but...it's almost one of those things that have such an unclear payoff and would be so difficult that you shouldn't even start just to fail. I guess I'm just not a determined person! I also have a gut reaction to not trust anything called a cleanse. I took from that part of the book most things that you usually hear: stay away from processed foods, HFCS, bad fats, sugars...but nothing too inspirational. More leafy greens and less meat. Got it!

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## Becky says

I wanted a book to help teach me a practical, effective fitness routine I could do anywhere. This was just what I needed and I am on my way to being strong again. A pleasant surprise was the great tasting recipes at the back of the book. Excellent book on several levels!

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## Michael says

A quick read, especially since I only read the first half of the book, which contains Tony's stories. I already work out with BeachBody products, ie. P90X, so the exercise details in the second half were redundant. (Sorry Tony). I used Tony's expression, "Do your best and forget the rest" as an inspiration to get through

P90X.

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**Patricia says**

Who doesn't love Tony.

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**Scottsdale Public Library says**

This book presents an in-depth look at how to get fit and do it the right way. Tony achieves this with a wit and humor that keeps you turning the pages. Includes workout routines and nutrition info. -Kathy S.

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**Tracy says**

I read this because I have a friend who really likes his workout dvds. (I was surprised because I tend to distrust infomercials.) It was readable, clear, and had some great information about diet, workouts that work, and how to find a fitness plan that works for each individual person.

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**Pixel Word says**

This book has everything you expect from a "fitness book". It has a motivation, success stories, workout schedule, recipes..the whole shebang. I wanted to read this because I'm starting his P90X program tomorrow and I like to have all the facts (yea I'm a nerd like that). The thing I like the most is humor. The book is I dare say - adorable (in a macho fitness way). Tony is highly likeable persona. If I lived in his "hood" and could afford it , I would totally make him my trainer.

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**Scottsdale Public Library says**

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**Justin Tapp says**

Tony Horton is one of my fitness heroes/mentors. I've done P90X a couple times, have done all the P90X3 workouts, and work both of those-- along with workouts he posts on his YouTube channel-- into my daily workout routines. I absorb his interviews, and have watched him change from a hard-core vegetarian (15 years) to a more open-minded fitness advocate.

Bring It!: The Revolutionary Fitness Plan for All Levels That Burns Fat, Builds Muscle, and Shred Inches is pretty short and simple. It contains some basic motivational material for fitness, three different fitness programs for differing levels of fitness (very similar mindset to P90X3, including pictures and instructions), a cleanse plus diet plan, and recipes. If you are just looking for a place to start, this would be a good book to check out. If you are looking for some new fitness routines you can do at home with minimal equipment, like dumbbells, then thumb to the exercises. If you have P90X or P90X3, just about everything in this book is unnecessary.

Tony does not "have the time" to count calories, although he acknowledges the importance of regulating calories in versus calories out. Like many fitness men, he is in a routine in regards to what he eats and works out every day--including a ridiculous Sunday workout routine-- with an intensity such that he rarely has to worry about too many calories. Tony has written a section on supplements, there are several that he takes including multivitamins. Nothing super commercial, but you know that these days he really pushes Shakeology.

Where Tony Horton differs from other fitness advocates is his emphasis on flexibility-- the importance of incorporating yoga and pilates into your routines. If you've seen Tony, you know he is ridiculously flexible, and he credits yoga as well as great stretching before and after working out. He also recommends a yoga lifestyle for peace of mind.

I wouldn't pay money for this book, but I would check it out from the library. I was hoping for more biographical information on Tony, there is very little in the book. But the book is simple, the lifestyle is simple, and if you want to get fit you won't do wrong by following it. 3.5 stars out of 5.

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### **Sathish Sekar says**

Honestly I would have given 5 stars, if my expectations were not so high. I am a huge fan of P90x and Tony Horton's health/fitness philosophy. The book does a good job of setting down the mental principles that need to be adopted to make lasting changes in your body. The nutrition plan is also very informative and concise. The workout moves are also explained in pictures and written details.

The one flaw is the workout plan is not that good. I feel like the casual reader would not find it appealing enough to take a workout plan just out of a book. A better strategy would be to try out one of Tony's home workout DVDs. This would force people to keep with the workout. Also the workouts suggested in the books have opportunities for distraction and idleness. With a video workout you don't have a chance to do that since everything is timed and sequenced.

Overall, a solid book to read if only for the nutrition section. I learned that what most people put into their bodies is actually very harmful and not useful. Definitely worth a look for the fitness enthusiast or someone looking to improve their health.

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## Pavel says

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## Giovanni Albanese Jr. says

Quintessential Tony Horton. It really helps to have partook in his DVD workouts to really get the crux of his voice in "Bring It!" But even without having worked out with Horton in Power 90, P90X and the One on One series, the book provides those interested a great workout program and nutritional guide, including recipes.

If you're looking to jump-start your life with a heavy dose of exercise and healthy eating, this is a perfect place to start.

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## Brian says

Another in a long line of books for losing weight and getting in shape - by the developer of P90X. I found it be be a helpful resource for various exercises & diet guidelines. A lifetime approach to eating & activity rather than a quick weight loss program.

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## Alain Burrese says

Those that are familiar with the P90X workout, either by using it or viewing the infomercials, know Tony Horton. The energetic trainer, and creator of P90X, now brings his workout philosophy, exercise routines, and diet guidelines to print in "Bring It! The Revolutionary Fitness Plan for All Levels That Burns Fat, Builds Muscle, and Shreds Inches."

The book is laid out in an organized fashion and contains the important elements Horton wants you to incorporate into your lifestyle to get fit, live long, and live healthy. The book is divided into four main parts, and these include:

Part 1 The Principles. This part has four short chapters that focus on setting the groundwork for your fitness plan. This includes determining where your current levels of fitness are and where you should start. Besides the basic principles Horton covers, he brings humor and motivation to his lessons. Reading this book makes you want to work out.

Part 2 The Routines contains three workouts. The beginner's, the striver's and the warrior's. These are the names Horton uses for his beginning, intermediate and advanced workouts. This part is pretty short, because he doesn't explain the exercises, but rather just lists what you need to do. If you are not familiar with some of the components to these workouts, don't fear, they are illustrated in the next chapters of the book.

Part 3 The Moves is the longest section of the book because all of the stretches and exercises are explained and illustrated. They are divided into six parts or chapters: Cardio Fat Burners, Upper Body Blasters, Firm Arms Fast, Lower Body Blitzers, Hard Core, and Flex Appeal.

In a nutshell, these workouts consist of combining yoga, bodyweight exercises, and some dumbbell and exercise band movements. (pull ups are also in there.) Horton combines the different exercises into different circuits for burning calories and increasing cardio fitness and others for increasing strength. An example from the intermediate workout, or striver's workout, has you doing the following routines:

Monday – cardio training 35-40 minutes.

Tuesday – resistance training 35-40 minutes

Wednesday – cardio training 35-40 minutes

Thursday – resistance training 35-40 minutes

Friday – yoga 35-40 minutes

Saturday – resistance training 35-40 minutes

Sunday – rest with some yoga moves or some fun sport you enjoy

The routines are not set in stone, and there is room to change and modify things to your own fitness level and time constraints. When you get to the warrior, or advanced level, you need to block out at least an hour a day.

Part 4 The Meal Plan provides some simple guidance on eating healthy and using supplements. Nothing real new or groundbreaking here, but solid basic advice on eating well. The book then concludes with some recipes.

“Bring It!” is a good book for anyone wanting some routines to get into better shape. But make no mistake about it, for the routines in the book to work, you must put in the effort and really work hard for the time you are working out. It's not an easy fix. Horton has you working out at least 6 days a week, if not every day (periodized though, doing different things), and he instructs you to work hard for those workouts. And in that, I agree, and feel if followed as he presents the workouts in this book, readers and exercisers will increase their fitness levels, lose fat, and achieve their fitness goals.

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