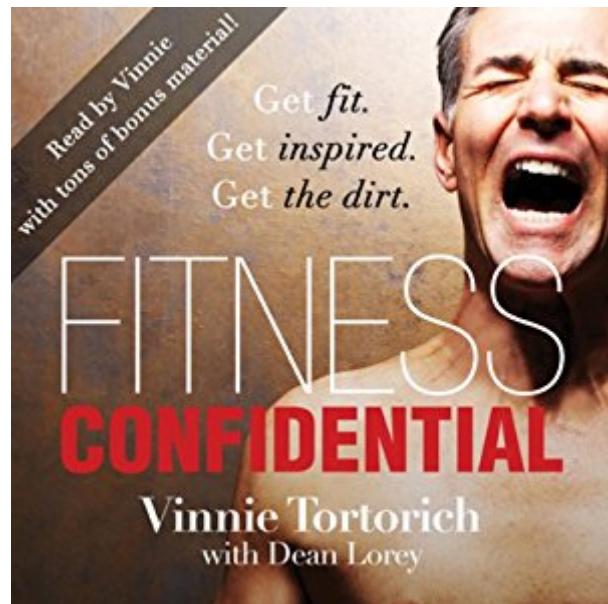


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# Fitness Confidential



## Synopsis

Audie Award Finalist, Personal Development, 2014 America's Angriest Trainer, Vinnie Tortorich, exposes the nasty underbelly of the fitness industry while getting you into the best shape of your life. For over 20 years, Vinnie has been Hollywood's go-to guy for celebrities and athletes looking to get fit fast. Now, in this hilarious and often R-rated memoir, he holds nothing back. What's the best piece of fitness equipment money can buy? What's the fastest way to lose weight: diet or exercise? Why are health clubs worse than used car lots? In *Fitness Confidential*, Vinnie tells all. So get ready to get fit, get inspired and get the dirt with Hollywood's most outrageous personal trainer!

## Book Information

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## Customer Reviews

Last night I finished *Fitness Confidential*. I have known Vinnie Tortorich for most of my life, hell he took my older sister to a school dance. We went to the same school growing up, I was 3 years behind. I graduated with his brother Frank who's name is actually Charles but the high school football coach thought he looked a lot like his uncle Frank so from then on everyone called him Frank. I can remember being at Vinnie's house and seeing all of the homemade workout equipment in Vinnie's room. It included a dip machine made from 4 inch pipe and would survive a nuclear blast if it had to. I mean this thing probably weighed 200 pounds and could be disassembled. The 4 inch steel pipe would screw into the base. I'm pretty sure it was constructed of drilling pipe used in the oil fields. Vinnie would do dips three times a day using this "thing" sometimes from the pike position. I played football with Vinnie for one year in High School. He was a senior, and I a freshman. I remember one practice when Vinnie was wearing a new pair of football cleats and they gave him

blisters and by the end of practice his feet were bleeding. The head coach told Vinnie to hit the showers and not worry about running the twenty 40 yards sprints. Vinnie took off his shoes and in his bloodied socks ran the sprints. Vinnie is one of the hardest working and determined people I know. In 2010, I trained for and completed my first Ironman, Ironman Arizona. During the course of the year Vinnie was always available to answer any questions I had regarding endurance training and nutrition. Since his client Caroline was also competing, he made the drive to Tempe with Caroline and was a great motivator for me to finish. Every lap on the bike I would hear Vinnie's voice in a faceless crowd. On the run, he ran along side of me shouting, pushing me on and forcing me to drink. I had the pleasure to meet Caroline, who he mentions in the book, and I got to spend some time with a lifelong friend. Vinnie's no nonsense approach to fitness and nutrition is a refreshing and simple approach. One of the things Vinnie often says is that you can't lose weight by exercise alone, you have to change your diet as well. He is right because I am the poster child proving this theory. You see, I completed my first triathlon in 2005. I started doing triathlons because I would be out of breath walking up the stairs to go to bed. By the time I completed my first Ironman in 2010 I was only 20 pounds lighter than I had been 5 years earlier. When I would exercise, I used it as an excuse to continue on the same diet plan that I was on, it was designed by Mr. McDonald and Colonel Sanders. I justified eating junk food because I had completed a 4 hour bike ride or a 3 hour run that morning and felt that I deserved a reward. Yeah, I might have lost 3 or 4 pounds here and there but nothing ever stayed off. It's not that I didn't listen to Vinnie, I heard every word he said. I just didn't put it into practice and as a result I crossed the line in 15 hours and 18 minutes weighing 245 pounds! I started NSNG's in March of this year. I am down 20 pounds and plan on losing another 20 pounds before November when I will participate in Ironman Arizona again. My wife will not let me toe the line unless I start to listen to Vinnie and actually lose some weight. She wants me around when my 5 years old graduates high school. So, armed with Fitness Confidential, NSNG's, and Vinnie Tortorich, I continue on my path towards my next Ironman, better health and a longer life! Jon C. Florida

Authenticity. Vinnie Tortorich is the unquestionable personification of the word. He lives and breathes his passion for fitness. And more importantly, he shares that passion with each and every Twitter follower who sends him a question, every listener who tunes in, and every reader who makes a decision to learn about where that passion comes from. Understanding the genesis of Vinnie's passion is the key to understanding why he offers so much free advice to anyone who will listen. That's what Fitness Confidential is all about. In much the same way that understanding music

theory helps you to become a better musician, understanding fitness theory will help you to become more fit in every way. The life experiences Vinnie shares are peppered with some direction, but this isn't a diet book. You won't find a list of things you should or shouldn't eat, recipes or sales pitches for products bearing his name. What you WILL find is everything you need to understand who Vinnie is, and how and why he's rapidly becoming the world's foremost expert on helping normal people shed weight, gain overall fitness, and achieve overall improved health. He says it all the time: he just wants to help people be healthy, and I believe him. It's not just about doing it, but rather understanding where it comes from and why. Vinnie's been through a lot that I wouldn't wish on anyone, including participating in an insane feat of endurance. While I may never bike 500+ miles in two days, I'll take advice from someone who has before I take advice from a chubby guy in a white lab coat. Read this book for the inspiration; that'll prevent you from ever questioning whether what he's saying is BS. Listen to his podcast for the information; here's where you'll find advice based on his philosophy. And adopt an NSNG lifestyle for your health; you'll never question Vinnie's authenticity, and you'll know it works because you'll see it for yourself.

I first heard about Vinnie and his book on the Marathon Academy podcast. After listening to a couple of his own podcasts I bought the book and read it in a few hours. His writing is really clever and funny (I do not mind the swearing) and although I found all the chapters very informative, I think he could have gone deeper into the NSNG stuff (no sugar no grains, which is his whole philosophy). Ok, "eat lean protein, high fat", but not much information around it, and on how to live NSNG on a daily basis- after all, who can eat eggs for breakfast forever (I am sure many people could do just that..) and not get sick of it? I am a vegetarian myself, but I liked the approach to cut back on sugar and carbohydrates. I know sugar is one of the worst things around, and I am trying to live without too much of it. Please excuse the poor English, I am not a native speaker and to not live in the USA :)

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