



A Doctor's Guide to Xbox Fitness: Includes charts ranking over 60 Xbox Fitness workouts based on over 300 hours of testing.

Dr. Paul Ballas

Download now

[Click here](#) if your download doesn't start automatically

A Doctor's Guide to Xbox Fitness: Includes charts ranking over 60 Xbox Fitness workouts based on over 300 hours of testing.

Dr. Paul Ballas

A Doctor's Guide to Xbox Fitness: Includes charts ranking over 60 Xbox Fitness workouts based on over 300 hours of testing. Dr. Paul Ballas

UPDATE 11/29/15: Fully updated charts reflecting the changes to Xbox Fitness that occurred in 2015. A full list of workouts tested is listed below:

Press:

Physician's Life: <http://bit.ly/1Q7f76n>

NPR: <http://bit.ly/1TeTyit>

Philly.com: <http://bit.ly/1NgKVPN>

Microsoft Blog: <http://bit.ly/1ReKfjY>

UPDATE 12/1/14:

Dr. Ballas used knowledge of psychology, Xbox Fitness, and dietary changes to lose over 60 pounds over the course of 10 months. Over this time, he became ranked 10th in the world as measured by cumulative fitness points achieved according to TrueAchievements.com. He is a medical doctor and a board certified adult and child psychiatrist. Dr. Ballas has a background in physiology, media creation, and video game development. He has won numerous fellowships and awards from nationally recognized medical organizations including the American Medical Association and the American Academy of Child and Adolescent Psychiatry. In 2013, he founded Tiro Enterprises, LLC and invented a system for rating video games based on physical intensity.

List of workout tested:

10 Minute Sol., 5 Day Get Fit Mix, Belly Fat Burner
10 Minute Sol., 5 Day Get Fit Mix, Cardio Kickboxing
10 Minute Sol., 5 Day Get Fit Mix, Fat Blasting Intervals
10 Minute Sol., 5 Day Get Fit Mix, Lean Body Sculpt
10 Minute Sol., 5 Day Get Fit Mix, Power Yoga
10 Minute Sol., Knockout Body: Fat Attack
10 Minute Sol., Knockout Body: Fierce & Fabulous Abs
10 Minute Sol., Knockout Body: Kickbox Cross Train
10 Minute Sol., Knockout Body: Knockout Body Blast
10 Minute Sol., Knockout Body: Ultimate Upper Body
10 Minute Sol., Pilates for Beginners: Core Basics
10 Minute Sol., Pilates for Beginners: Long & Limber Stretch
10 Minute Sol., Pilates for Beginners: Lower Body Basics

10 Minute Sol., Pilates for Beginners: Total Body Combo
10 Minute Sol., Pilates for Beginners: Upper Body Basics
10 Minute Sol., Rapid Results Fat Burner, Cardio Max
10 Minute Sol., Rapid Results Fat Burner, Extreme Intervals
10 Minute Sol., Rapid Results Fat Burner, Low Impact Fat Blaster
10 Minute Sol., Rapid Results Fat Burner, Power Sports Drills
10 Minute Sol., Rapid Results Fat Burner, Rapid Results Kickboxing
10 Minute Sol., Ultimate Boot Camp, Fat Fighting Skills and Drills
10 Minute Sol., Ultimate Boot Camp, Six Pack Ab Attack
10 Minute Sol., Ultimate Boot Camp, Ultimate Lower Body Training
10 Minute Sol., Ultimate Boot Camp, Ultimate Total Body Training
10 Minute Sol., Ultimate Boot Camp, Ultimate Upper Body Training
Athlete Fit: Russell Wilson, Workout 1
Athlete Fit: Russell Wilson, Workout 2
Beachbody P90X Plyometrics
Beachbody P90X Shoulder and Arms
Beachbody Rockin' Body, Rock it Out
Beachbody TurboFire HUT 25
Beachbody, 10 Minute Trainer, Cardio
Beachbody, 10 Minute Trainer, Total Body
Beachbody, Brazil Butt Lift, High and Tight
Beachbody, Insanity, Cardio Power and Resistance
Beachbody, Insanity, Plyometric Cardio Circuit
Beachbody, Insanity, Pure Cardio
Beachbody, TurboFire FireStarter
Gatorade Sports Performance Basketball Training Camp: Agility
Gatorade Sports Performance Basketball Training Camp; Recovery
Gatorade Sports Performance Basketball Training Camp: Stamina
Gatorade Sports Performance Basketball Training Camp: Strength
Gatorade Sports Performance Football Training Camp: Agility
Gatorade Sports Performance Football Training Camp: Recovery
Gatorade Sports Performance Football Training Camp: Stamina
Gatorade Sports Performance Football Training Camp: Strength
Jillian Michaels, Extreme Shed & Shred workout 1
Jillian Michaels, Hard Body
Jillian Michaels, Kickbox FastFix
Jillian Michaels, Killer Buns & Thighs level 1
Jillian Michaels, Ripped in 30
Jillian Michaels, Yoga Inferno workout 1
MOSSA, Core, Core Workout 1
MOSSA, Core, Core Workout 2
MOSSA, Fight, Workout 1
MOSSA, Fight, Workout 2
MOSSA, Groove, Workout 1
MOSSA, Power, Workout 1
MOSSA, Power, Workout 2
Tracy Anderson Metamorphosis O

 [Download A Doctor's Guide to Xbox Fitness: Includes charts ...pdf](#)

 [Read Online A Doctor's Guide to Xbox Fitness: Includes chart ...pdf](#)

Download and Read Free Online A Doctor's Guide to Xbox Fitness: Includes charts ranking over 60 Xbox Fitness workouts based on over 300 hours of testing. Dr. Paul Ballas

From reader reviews:

Gerald James:

Have you spare time for any day? What do you do when you have a lot more or little spare time? Sure, you can choose the suitable activity intended for spend your time. Any person spent their particular spare time to take a move, shopping, or went to typically the Mall. How about open or maybe read a book allowed A Doctor's Guide to Xbox Fitness: Includes charts ranking over 60 Xbox Fitness workouts based on over 300 hours of testing.? Maybe it is to get best activity for you. You already know beside you can spend your time along with your favorite's book, you can smarter than before. Do you agree with it has the opinion or you have different opinion?

Emily Sandlin:

Are you kind of occupied person, only have 10 or even 15 minute in your time to upgrading your mind proficiency or thinking skill perhaps analytical thinking? Then you are having problem with the book compared to can satisfy your short space of time to read it because all this time you only find book that need more time to be go through. A Doctor's Guide to Xbox Fitness: Includes charts ranking over 60 Xbox Fitness workouts based on over 300 hours of testing. can be your answer as it can be read by you who have those short extra time problems.

William Oden:

You could spend your free time you just read this book this publication. This A Doctor's Guide to Xbox Fitness: Includes charts ranking over 60 Xbox Fitness workouts based on over 300 hours of testing. is simple to develop you can read it in the playground, in the beach, train in addition to soon. If you did not have much space to bring the printed book, you can buy the particular e-book. It is make you much easier to read it. You can save the actual book in your smart phone. Consequently there are a lot of benefits that you will get when one buys this book.

Danny Solberg:

Beside that A Doctor's Guide to Xbox Fitness: Includes charts ranking over 60 Xbox Fitness workouts based on over 300 hours of testing. in your phone, it can give you a way to get nearer to the new knowledge or data. The information and the knowledge you are going to got here is fresh through the oven so don't be worry if you feel like an previous people live in narrow town. It is good thing to have A Doctor's Guide to Xbox Fitness: Includes charts ranking over 60 Xbox Fitness workouts based on over 300 hours of testing. because this book offers for you readable information. Do you often have book but you don't get what it's all about. Oh come on, that will not end up to happen if you have this within your hand. The Enjoyable blend here cannot be questionable, similar to treasuring beautiful island. So do you still want to miss the item? Find this book along with read it from at this point!

**Download and Read Online A Doctor's Guide to Xbox Fitness:
Includes charts ranking over 60 Xbox Fitness workouts based on
over 300 hours of testing. Dr. Paul Ballas #P0JUDM4E6ZN**

Read A Doctor's Guide to Xbox Fitness: Includes charts ranking over 60 Xbox Fitness workouts based on over 300 hours of testing. by Dr. Paul Ballas for online ebook

A Doctor's Guide to Xbox Fitness: Includes charts ranking over 60 Xbox Fitness workouts based on over 300 hours of testing. by Dr. Paul Ballas Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read A Doctor's Guide to Xbox Fitness: Includes charts ranking over 60 Xbox Fitness workouts based on over 300 hours of testing. by Dr. Paul Ballas books to read online.

Online A Doctor's Guide to Xbox Fitness: Includes charts ranking over 60 Xbox Fitness workouts based on over 300 hours of testing. by Dr. Paul Ballas ebook PDF download

A Doctor's Guide to Xbox Fitness: Includes charts ranking over 60 Xbox Fitness workouts based on over 300 hours of testing. by Dr. Paul Ballas Doc

A Doctor's Guide to Xbox Fitness: Includes charts ranking over 60 Xbox Fitness workouts based on over 300 hours of testing. by Dr. Paul Ballas Mobipocket

A Doctor's Guide to Xbox Fitness: Includes charts ranking over 60 Xbox Fitness workouts based on over 300 hours of testing. by Dr. Paul Ballas EPub