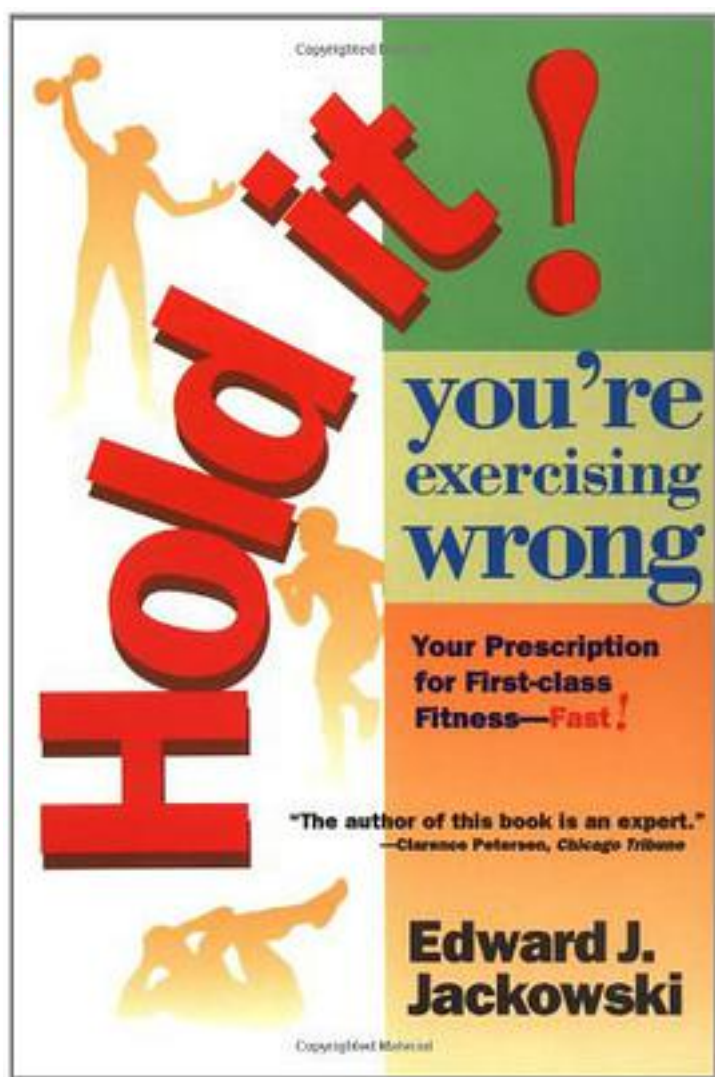


Hold it! You're exercising wrong



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Hold It! You should know that: Walking is not one of the best exercises and will never get you fit For certain body types, stair climbers will not trim your thighs and buttocks or give you slim hips You do not need expensive health club memberships to become fit You do not need to exercise for more than an hour a day to lose weight or increase your fitness level Hold It! You're Exercising Wrong analyzes popular exercise techniques and explains why they do or do not work. Using his client-proven methods of fitness, Edward Jackowski renames body types and stresses their importance when choosing an exercise routine, details the four essential phases of any workout, lists the best exercises for weight loss, and provides motivational techniques to keep you going. Interspersing more than 150 tips on health and exercise, Hold It! You're Exercising Wrong is a no-nonsense, all-you-need-to-know guide to getting fit and staying that way.

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