

The Easy Fitness Workbook



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Get all the benefits of a personal trainer--in a book This unique spiral-bound workbook and CD set presents a complete fitness program that targets three key areas: cardiovascular health, muscle strength, and suppleness. The twenty exercises that make up the plan's core can be done in isolation, to focus on specific areas or train for a particular sport, or as part of a general full-body workout. And they can easily be modified to suit any level of ability. The 60-minute audio CD features spoken instructions for all the exercises in sequence, plus the warm up and cool-down: the result is an expertly guided, safe workout. Additionally, there's an enlightening explanation of the basic principles of fitness and anatomy, and advice on creating a regime you can stick with.

作者介绍:

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