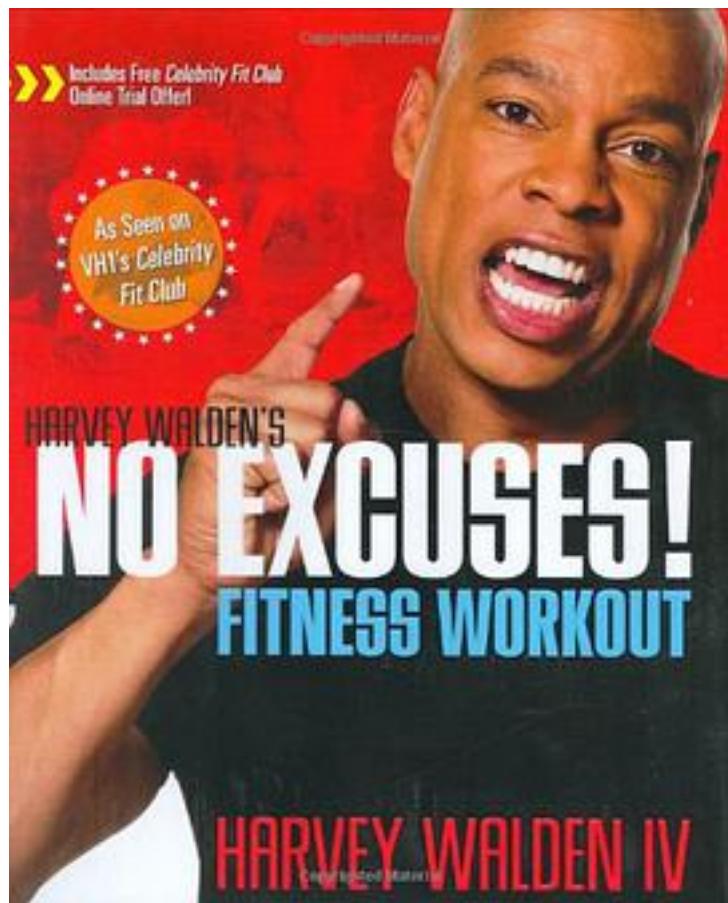


# Harvey Walden's No Excuses!



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著者:Walden, Harvey

出版者:St Martins Pr

出版时间:2007-10

装帧:HRD

isbn:9781594867460

Military hero, martial arts expert, and popular fitness expert on the "Celebrity Fit Club", Harvey Walden has an army of admirers who have watched him on TV helping wayward celebrities as they attempt to get their lives back on track and shape up for a fitter future. Harvey Walden is now offering his expert advice and guidance to the rest of

US, bringing US: both cardio and strength-training 30-minute routines from his own personal repertoire; inspirational anecdotes from his life experiences; dietary guidance; relaxation techniques learned from his martial arts background; and no-nonsense, no-excuse suggestions for making the best use of limited time. Women and men everywhere respond to Walden's straight-talking, firm, yet sensitive approach to health and fitness, an approach stressing self-discipline and commitment that this career U.S. Marine has perfected during 20 years in the planet's toughest fighting force in theatres of war around the world. With this book, civilian fans of this Celebrity Fit Club drill sergeant can reap the benefits of his supremely effective boot camp style methods to achieve the shapelier, fitter, healthier bodies they long for right in their own homes.

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