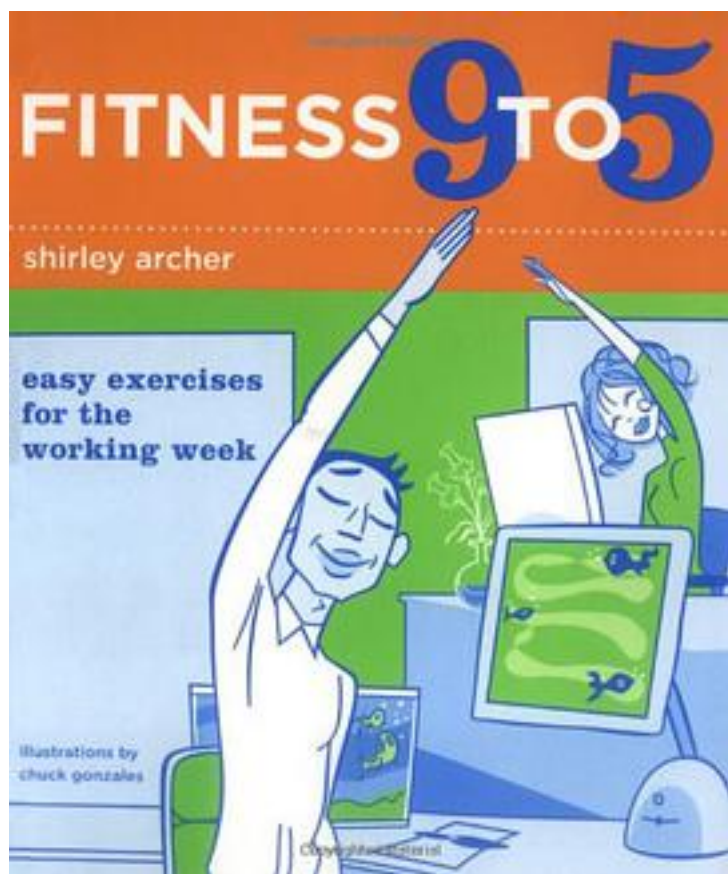


# Fitness 9 to 5



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著者:Archer, Shirley J.

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Competition on this subject tends to be deadly serious - this is a lighthearted look which at the same time is fully tested and accredited by fitness experts. This is a best-selling tradition of "Office Yoga" which has sold over 10,000 copies in the UK alone. For anyone who's tired and stressed at work and can't find time to get to the gym, "Fitness 9 to 5" offers a wide array of simple exercises that can be done while

sitting at a desk, working at the computer, or even on the morning commute. From the moment the alarm goes off to the afternoon slump, personal trainer and wellness expert Shirley Archer guides the reader through ingenious ways to stay fit on the job, such as the "Prairie Dog Cubicle Calf Raises," "Coffee Pitcher Curls," and "Stairwell Bun Blaster." For each exercise, readers learn how many calories they will burn and what the potential weight loss could if they keep it up throughout the year. Delightful illustrations and our briefcase-ready gift format make this a great gift for cubicle-dwellers everywhere. Lighthearted yet packed with valuable instruction, "Fitness 9 to 5" gives multi-tasking a whole new meaning.

作者介绍:

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