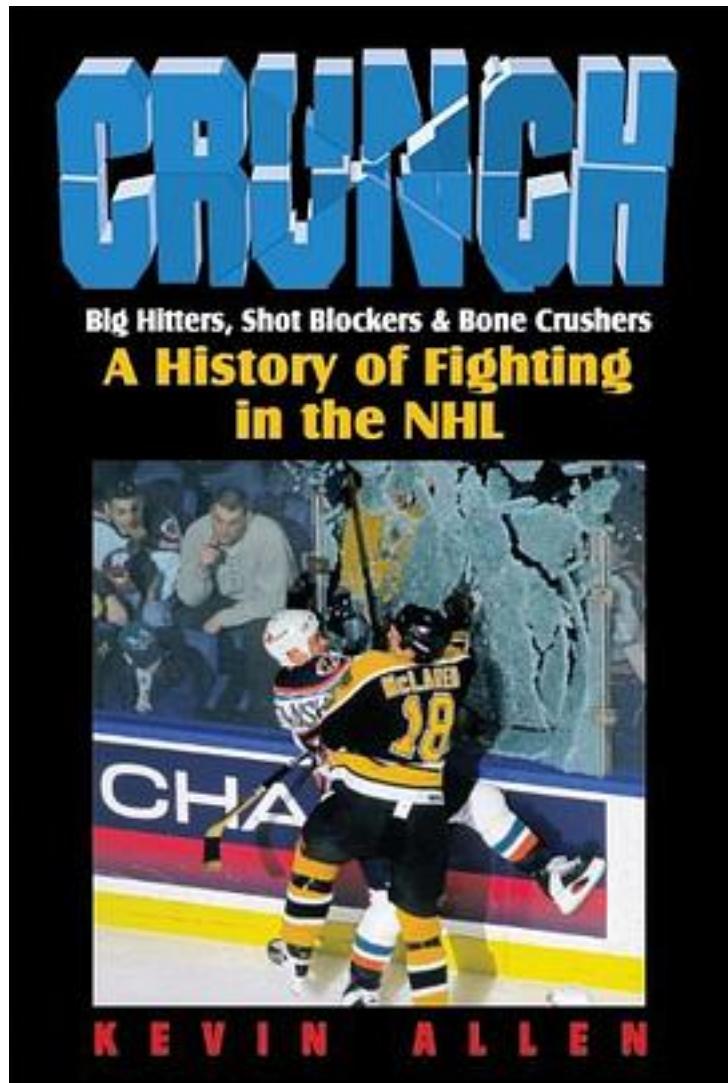


Crunch



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Amazon.com Crunch, from the New York gym of the same name, is a fitness book you'll read cover to cover just for the fun of it. It's got all the facts right for beginners, plus the entertainment of a hip and trendy style and quirky models against bizarre backgrounds. One black male aerobics instructor wears a long blond wig and garter belt and stockings with bike shorts and aerobic shoes. A trainer, MadDog, wears a ballet tutu performing step aerobics. A club member demonstrating strength training is missing one arm. Female models range from a super-slim fashion model to the 94-year-old grandmother of the photographer. The Crunch program includes figuring out your body shape and the best program for reshaping it, fitness tests, calorie burning ("slow, pulsating, throbbing sex" burns calories faster than a "brisk walk to the store, massage parlor, or away from [a] crime scene" but not as fast as "gardening, clipping bushes, or burying evidence"), aerobic exercises, strength training, stretching, and much more. You get illustrated and clearly described strength training, circuit training, abdominal, and stretching routines. The information is accurate, well chosen, and presented in such a sprightly style that even dedicated exercise haters will enjoy reading it. --Joan Price Book Description Love the body you were born with!Easy to say, but often hard to do. Until now. In CRUNCH: A Complete Guide to Health and Fitness, the creators of the innovative Crunch fitness movement in New York City and Los Angeles bring you a radically different fitness book. One that incorporates cutting edge information on every aspect of health and fitness, and one that will leave you loving your body, not envying someone else's!Based on the belief that being healthy involves understanding your own body first--your capacity for aerobic exercise, as well as your genetic makeup, muscle-to-fat ratio, flexibility, posture, and overall strength--the book begins with charts and tests to help you customize an exercise program that will meet the goals you've set. Goals that are realistic for your body, not some super-deluxe supermodel's.Once you know what you want to achieve, Crunch tells you how to achieve it. From aerobic exercise to strength training, nutrition to posture, Crunch gives you the latest information. And over 150 photos of easy-to-follow, proven exercises help you mix and match moves that will have you firming up, slimming down, getting strong, and--most importantly--having fun working out!So, if you believe beauty comes from understanding and making the most of your body--and you want to have a good time doing it--Crunch is for you. See all Editorial Reviews

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