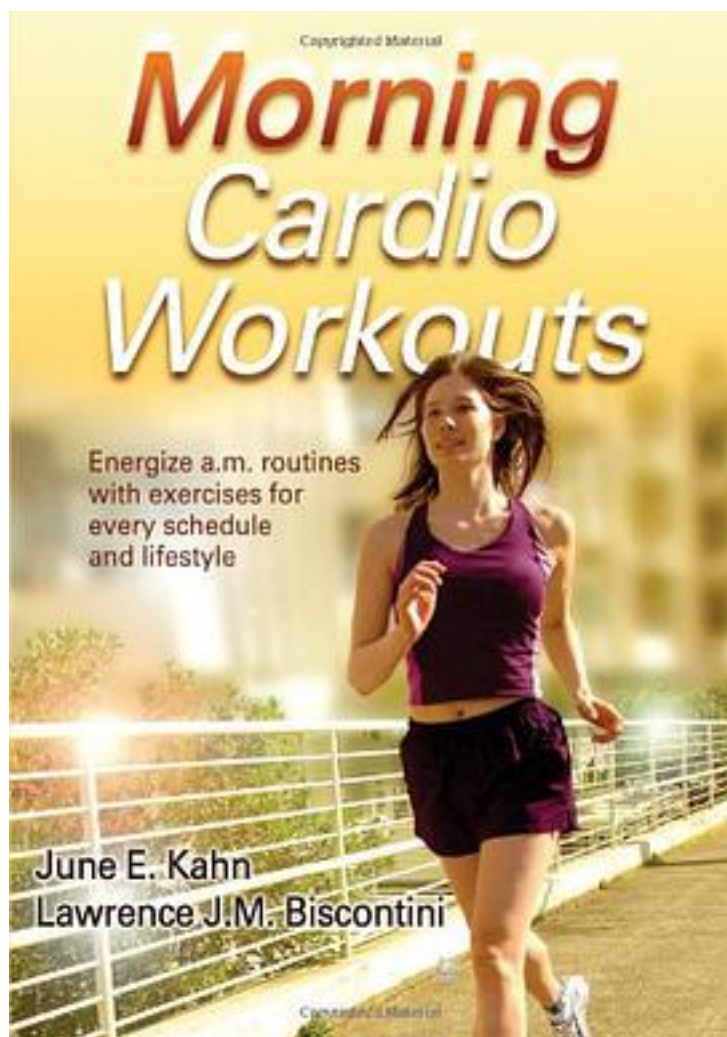


Morning Cardio Workouts



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This book is aimed at fitness enthusiasts, as well as a reference for fitness professionals

and personal trainers. Research has shown that more than 90 per cent of people who exercise consistently do so in the morning. Lack of time is cited in many studies as the reason people give up on exercise programmes. This series provides the perfect solution for early bird exercisers with morning workouts for yoga, Pilates, strength and now cardio! "Morning Cardio Workouts" offers 34 light, moderate and high effort workouts that last for 20, 30, 45 and 60 minutes. It provides information on how to combine activities for recovery, injury prevention and cross-training, as well as advice on balancing nutrition and hydration with energy upon waking. Options and equipment advice are included for outdoor workouts, group exercises and indoor workouts that can be used at home or in the gym.

作者介绍:

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