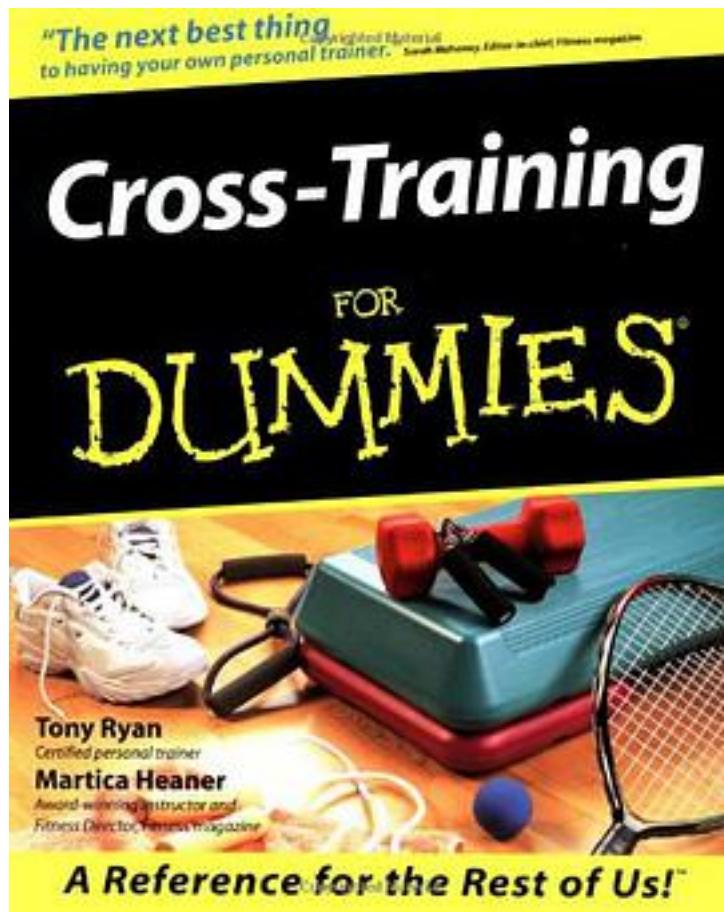


# Cross-training for Dummies



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From kick-boxing, pilates and other cutting-edge exercise options to perennial favorites (such as running, biking and swimming), this guide helps you create customized workouts that minimize boredom and maximize results. "Cross-Training for Dummies" features: tips on mixing and matching activities for a balanced workout;

photographs and illustrations that show proper techniques; and advice on setting goals, staying motivated and preventing injuries. The workout you want is yours when you delve into this book. So lace up your cross-trainers! It's time to weight lift on Monday, play volleyball on Wednesday and take a fitness class on Friday!

作者介绍:

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