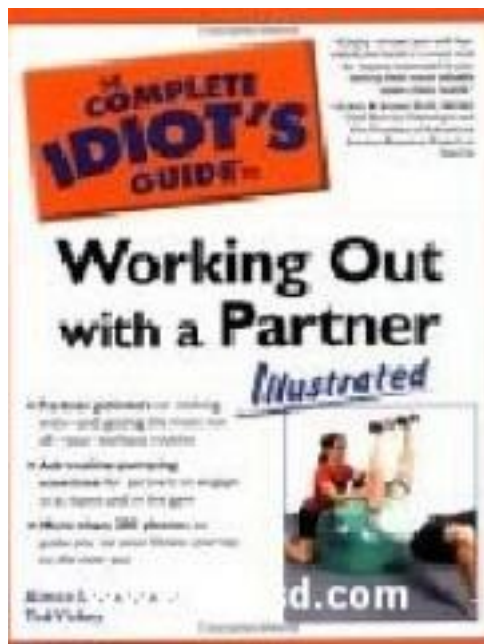


Complete Idiots Guide to Working Out with a Partner



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Book Description Good buddies make for better bodies! Even people with the best intentions often find it difficult to stick to an exercise program when they go it alone. This indispensable book provides readers with ideas for developing fitness partnerships, in addition to some fundamentals of exercise and nutrition. It contains step-by-step, illustrated instruction on a variety of partner exercises that can be done at home and in the gym, including stretching, resistance, and aerobic exercises. • Contains more than 300 instructional photographs • Includes samples of fitness contracts, daily workout logs, food intake logs, sample workout cards, and examples of charts for measuring exercise intensity About the Author Ted Vickey,

the founder of FitWell Associates Inc., a national fitness and wellness consulting company, is the executive director of the White House Athletic Center in Washington, DC, the fitness center that serves the needs of the White House staff. He is an industry leader in technology and fitness management, a frequent guest lecturer for various universities, and a contributing writer for Onsite Fitness. Aimee Labrecque Bowles is the assistant director of the White House Athletic Center and founder of AimHigh Fitness & Wellness, a Washington, DC-based personal training and lifestyle wellness company.

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