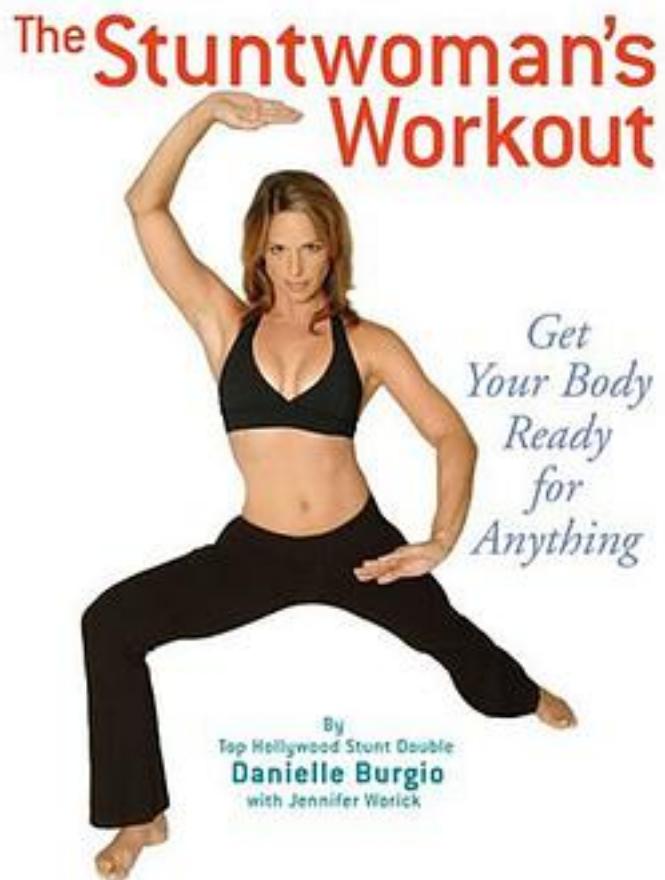


The Stuntwoman's Workout



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著者:Jennifer Worick

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To perform the dangerous, awe-inspiring stunts and daring feats for Hollywood's top action movies, stuntwoman Danielle Burgio needs to stay in peak physical condition. Now she shares the exclusive fitness program that allows her to meet any challenge on the big screen and in real life. This full-color fitness book provides a comprehensive

workout that shows regular people how to get in action-star shape. You'll learn to: -
Shed pounds with cardio exercises and muscle toning.

- Strengthen your body with martial arts and gymnastics.
- Increase focus, flexibility, and coordination with exercises that promote total body awareness and overall wellness.
- Energize workouts with speed and endurance exercises. With more than 50 exercises that build strength, concentration, and well-being, The Stuntwoman's Workout is your ultimate guide to staying fit and embracing a life full of action.

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