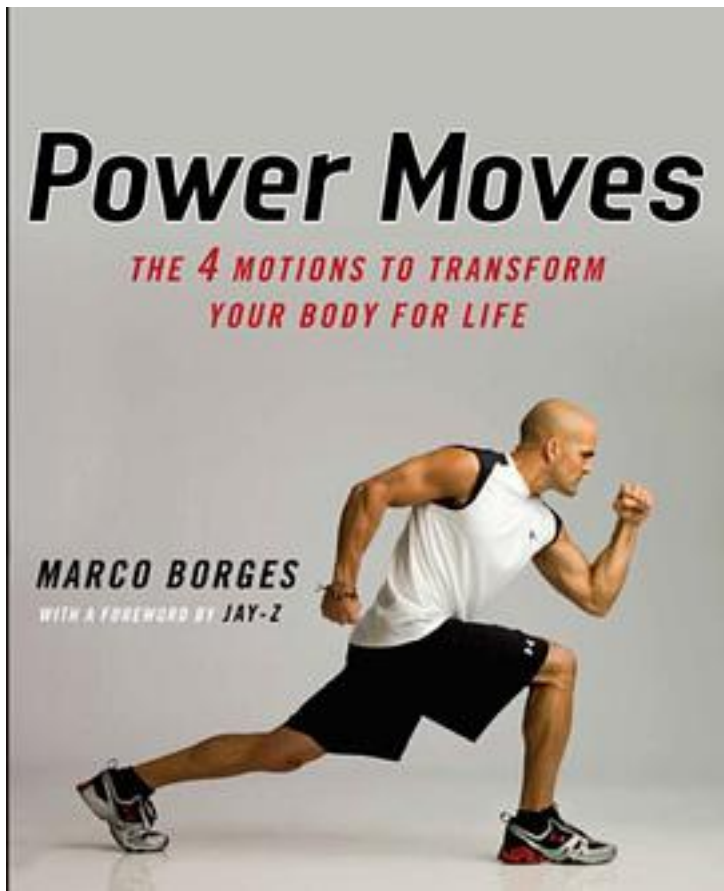


Power Moves



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He’ s transformed some of the most famous bodies in the world. Now fitness expert Marco Borges shares his innovative secrets for lifelong health.

Four joints: shoulder, elbow, hip, knee. Four simple movements. Everything else stems from these four “power moves.”

It is this innovative approach to exercise that has made Marco Borges one of the most sought-after fitness experts in the country. His transformative health programs have been adopted by today’s top celebrities and athletes and have been proven to yield extraordinary results.

Marco has helped people not only to lose weight— whether 15 pounds or 150—but also to think differently about exercise and health. In *Power Moves*, he introduces three creative training programs—the “No Excuses,” “Maintain/Stay in the Game,” and “Warrior” workouts—that are suited to different goals and fitness levels but that are all based on four simple exercise motions.

These programs are easy to follow and—most important—easy to maintain, allowing readers to adopt the outlook that will transform their bodies and benefit their health throughout their lives.

作者介绍:

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