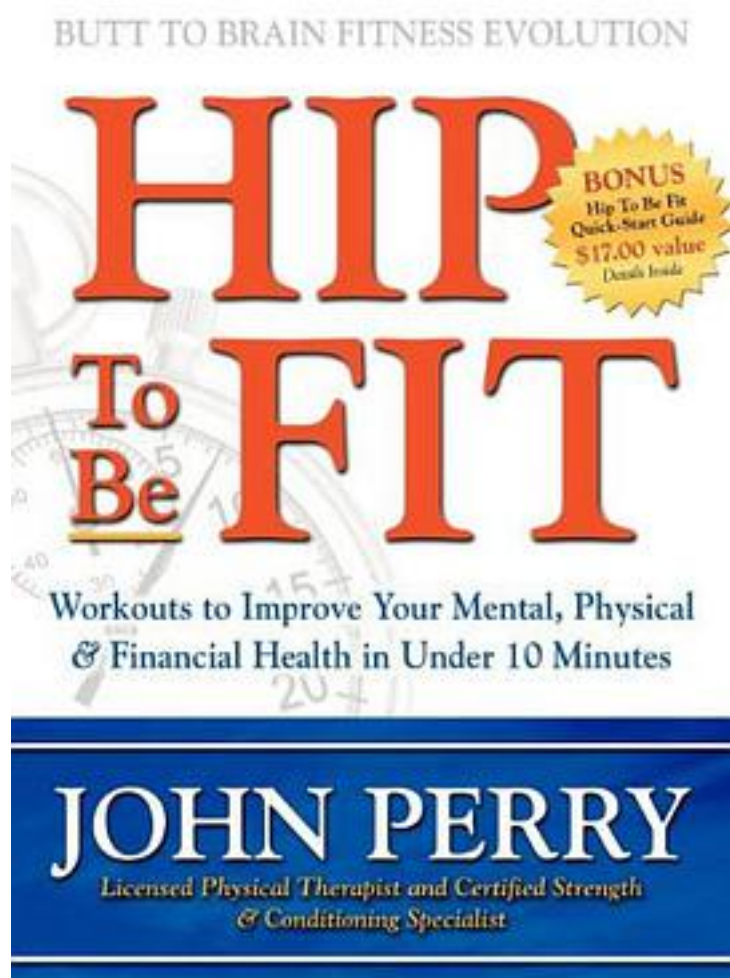


Hip to Be Fit



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著者:Perry, John

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How much is not exercising costing your bottom line? Do you have the energy and

drive it takes to achieve your daily wants, needs and desires? Learn how to adopt the secrets of mental, physical, and financial fitness within the pages of Hip to Be Fit. The Hip To Be Fit Program makes life smoother, and it becomes easier to implement life's goals. Clients laugh when I tell them to "use your butt to train your brain for better fitness," but then they see the results of the routines. *Brand new ways to improve energy levels *Exercises that can be done anywhere and with little to no equipment *Inside information on cardio routines *The secrets of pain-free exercise... finally revealed *The perfect little "tweak" that "fit" people know *How to never again feel sluggish when you work *How exercise can make you wealthy *Burst out of an energy lull immediately *The one thing you must do when you want to lose your internet butt.

作者介绍:

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