

# 15 minute Home Workouts



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If you want to workout at home effectively but don't have the time, find out how by following this home workout book and DVD set. Forget gyms, expensive kit, and hours of punishing fitness regimes; choose from a range of 15-minute Pilates, Yoga and Abs

Workouts, Back Exercises and Strength-Training programmes and get your body tip top in no time. Clear at-a-glance photos show you exactly what to do and the live action 60 minute DVD demonstrates a choice of workouts to suit your fitness needs and mood. This is a total fitness package - exercising at home has never been easier or quicker.

作者介绍:

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