



The Fitness Book

By -

Dorling Kindersley Ltd. Paperback. Book Condition: new. BRAND NEW, The Fitness Book, Find a fitness workout that works for you with the home fitness bible. Whether you want to fit into your skinny jeans, brave a swimming costume in six weeks or squeeze in some exercise during your lunch break, "The Fitness Book" will help you find a workout that fits perfectly into your busy lifestyle. From stretching to strength-training and yoga to Pilates, over 500 exercises are covered plus questionnaires and tests help you identify the perfect workout for you. Tips on motivation and advice on healthy eating will keep you on the right track when the going gets tough. Easy to follow, enjoyable and achievable, "The Fitness Book" is your own gym membership for life so cancel your costly subscription and find a routine that really works for you.



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-- *Cale Hansen Sr.*

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-- *Timothy Johnson DVM*