



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.



READ ONLINE

[2.98 MB]

Reviews

This publication will never be straightforward to get going on looking at but really fun to see. This can be for all those who statte that there had not been a worth looking at. You wont really feel monotony at at any moment of your own time (that's what catalogs are for about should you request me).

-- **Cale Hansen Sr.**

It in one of my personal favorite ebook. I was able to comprehended everything using this created e ebook. I am just pleased to tell you that here is the greatest ebook i have got read through within my own lifestyle and may be he finest publication for possibly.

-- **Timothy Johnson DVM**