

Mp3 Personal Travel Trainer, Llc - The Enroute Workout



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Ideal companion for business/pleasure travelers. Easy listening music with a relaxing woman's voice who guides you through stretching and toning movements that you can perform while sitting down and enroute to your destination. Designed to prevent stiffness 11 MP3 Songs SPOKEN WORD: Audiobook, EASY LISTENING: Mature Details: Personal Travel Trainer was developed for a person of any age, gender or fitness level. The program will guide you through movements that you can perform while you're sitting down and en-route to your destination. Whether you travel long or short distances, for business or pleasure, in planes, trains or automobiles; Personal Travel Trainer can assist you in maintaining a proper body alignment, avoid aches, knots, weak circulation, limbs falling asleep - all caused by lack of movement during traveling. Personal Travel Trainer educates you on how to properly align your body, then guides you through stretching and toning movements. The program is separated by stretching and toning and then by body parts: Neck/Shoulders, Back, Legs, Arms, Buttocks and Stomach. Simply start with your most problematic area or play the program in it's entirety. Traveling can be stressful. Using the stretching sections will relieve tension, lower your stress, increase your circulation, improve your posture and energy level. Using the toning sections will increase your muscle mass allowing you to burn calories quicker, improve you overall physical appearance, increase your balance, enhance cardiac health and increase your self esteem.

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