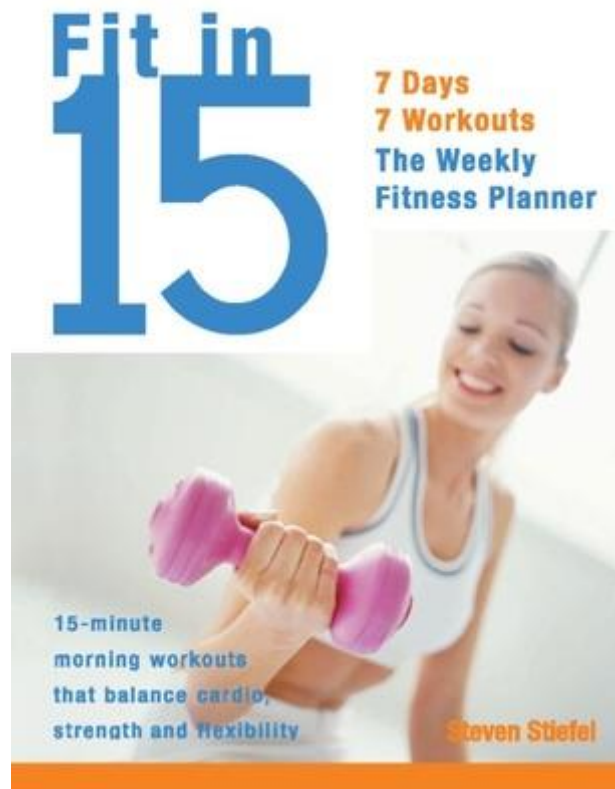


Fit In 15: 15-minute Morning Workouts That Balance Cardio, Strength And Flexibility - Steve Stiefel



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People buy exercise equipment, join gyms, and sign up for classes, but they still don't exercise. They simply can't find the time. So author Steve Stiefel has developed a totally unique, full-body fitness program that even the busiest person can work into a morning schedule. The Fit in 15 program takes less time than waiting in line for coffee, yet it has the power to transform one's total fitness. Unlike exercise equipment or repetitive workout routines that overemphasize one aspect of fitness, the Fit in 15 program varies 15-minute workouts on different days of the week in order to develop all elements of a healthy, shapely body: Monday and Friday cover cardio, Tuesday and Thursday are devoted to strength, Wednesday addresses flexibility, Sunday adds mind/body awareness and Saturday is left open for the reader to choose a workout that targets an area needing extra attention, such as muscle building, core strengthening, or fat burning. Fit in 15 provides a fun and flexible "7 days/7 workouts" plan that lets readers choose from 55 specially designed 15-minute workouts. Author: Stiefel, Steve Publisher: Ulysses Press Illustration: N Language: ENG Title: Fit in 15: 15-Minute Morning Workouts that Balance Cardio,

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