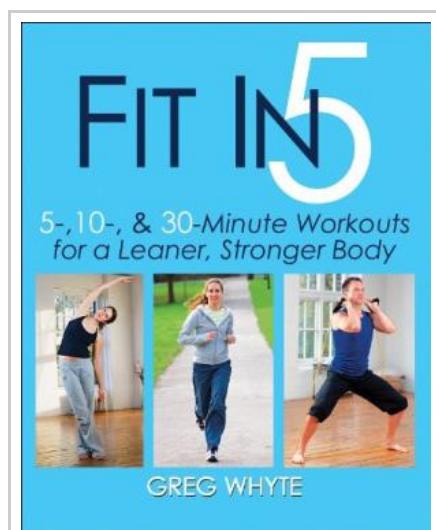




Fit in 5: 5, 10 and 30 Minute Workouts for a Leaner. Stronger Body

By Greg Whyte

Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, Fit in 5: 5, 10 and 30 Minute Workouts for a Leaner. Stronger Body, Greg Whyte, Build fitness into your lifestyle with 5-, 10-, and 30-minute workouts that can be done anywhere, anytime! "Fit in 5" explains how to maximize your time, meet your goals, and reap the rewards of exercise. Select from a variety of exercises and workout options to create a customized exercise program targeting strength, flexibility, and endurance as you work toward your goal of 150 minutes of exercise per week. Choose from a wide range of exercises: - Core strength and stability- Glutes, abs, and thighs- Strength and power- Resistance bands- Flexibility Then choose your intensity level-- easy, medium, or hard. For aerobic fitness, you'll find several 30-minute exercise options to help you avoid boredom, diversify your routine, and stay dedicated to your goal. Sample weekly training programs are also included, along with specialty programs focusing on specific areas, such as lower-back pain, upper-body strength and bone health. With "Fit in 5" as your guide, enjoy a fitter and more active you!



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