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Nano Workouts: Get in Shape and Lose Weight During Everyday Activities

By Joakim Christoffersson

Ulysses Press. Hardback. Book Condition: new. BRAND NEW, Nano Workouts: Get in Shape and Lose Weight During Everyday Activities, Joakim Christoffersson, WORKOUT ANYTIME ANYWHERE Follow the clever and fun approach to exercise in this book and you'll discover how everyday activities can quickly and easily be transformed into workout opportunities. Turn all idle moments in life into exercise opportunities, such as: * Bathroom * Living room * Kitchen * Shopping * On the phone * Office * Bedroom There's no need to go to the gym if the time you dedicate to brushing your teeth and riding the bus is also spent building muscle and burning fat. The wide range of exercises in this book works every part of the body, and when done here and there throughout your day produce a toned, healthy physique.



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