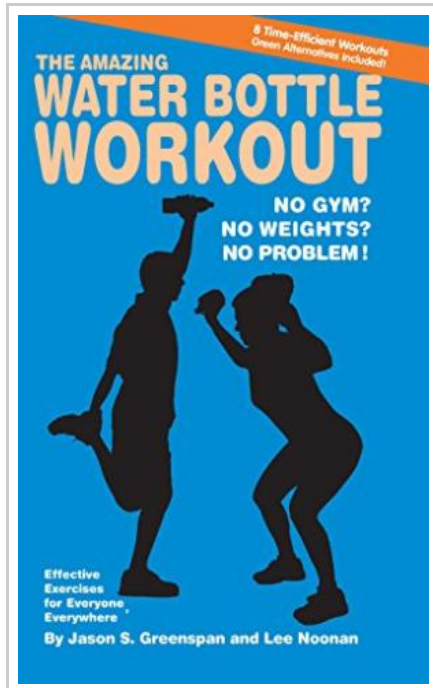



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The Amazing Water Bottle Workout No Gym No Problem

By Jason S. Greenspan

Basic Health Publications. Paperback. Book Condition: New. Paperback. 96 pages. Dimensions: 8.3in. x 5.4in. x 0.3in. The days of schlepping to an expensive, dirty, sweaty gym are over. The Amazing Water Bottle Workout offers the simplest, most practical approach to fitness-anywhere, anytime. A liter of water weights three pounds; a gallon weights nine pounds, making water bottles (plastic or stainless) the best possible resistance devices. All it takes is a water bottle for an efficient, affordable, and effective workout. Water bottle workouts are perfect for travelers, soccer moms, busy executives, family workouts, beginners, regular exercisers who want to increase their fitness levels-and anyone who needs a quick and efficient fitness program. Authors Jason S. Greenspan and Lee Noonan deliver: o Carefully conceived workouts for the whole bodyo Challenging workouts for every fitness levelo Strength and endurance workoutso Time and balance workoutsThe authors self-guided water bottle routines work all muscle groups with instructions for all fitness levels, warnings about common mistakes, and cautions for those with knee and back pain. Included are more than forty exercises with photos demonstrating proper technique, plus core work, balance and stretching, and water bottle weight charts. With The Amazing Water Bottle Workout, gyms and cumbersome home...



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