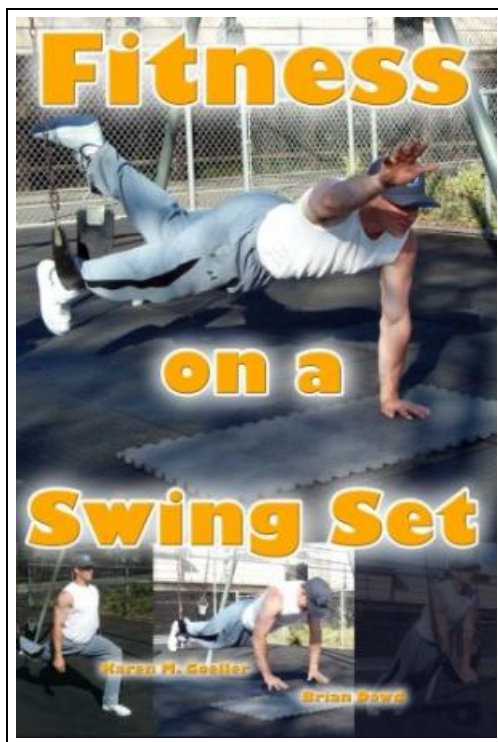


## Fitness on a Swing Set



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Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Fitness on a Swing Set. Exercise with a playground swing is FUN and EFFECTIVE! If you need a challenge, you need this fitness book! You get nearly 50 exercises that are very effective. The exercises are performed on a playground swing. Each chapter focuses on a different body area. There is also a chapter of stretching exercises. A great exercise book for anyone who enjoys outdoor exercise! This unique fitness book is filled with exercises that range in difficulty. Some of these exercises will prove to be a challenge to even the most fit. Use these exercises to gain strength, lose weight, and become more fit. Be the first in your group of friends to accept the challenge and let the results speak for themselves! Many of the swing exercises in this exercise book were part of Karen Goeller's gymnastics training programs. You will gain strength as you become accustomed to supporting your own body weight. Other exercises are the more traditional exercises. You can relax at the end of your workout with some of the stretching exercises. How much would you pay a fitness expert to teach you nearly 50 new exercises? If you hired the author it would cost thousands of dollars! You will get all of these effective exercises and be able to create so many new workouts that it will feel like you hired a fitness expert. And you'll reach a remarkable fitness level. People will ask your secret. We hope you'll tell them! Most people reviewing this book will find several exercises they could never have imagined. Wait until you see the exercises performed on a playground swing. You will...

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