



The Anytime, Anywhere, 15-Minute Boomer Workout

By Dave Rearwin

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 154 pages. Dimensions: 8.9in. x 5.9in. x 0.6in. Your workout - Your way The perfect book for anyone who wants to be healthier, feel better and live longer. Simple, effective workouts you can do anywhere, anytime, in just 15 minutes (or less). Ideal for people who travel, people who are snowbound, people who don't really want to join a gym. You can do these at home, at the office, in a hotel room, in a park, or wherever you like. Perfect for people starting exercise, or athletes recovering from an illness or injury. Includes: Basic 15-minute workout you can do every day. 60-second mini-workouts when you're pressed for time. Complete set of over three dozen exercises and stretches for added variety and levels of difficulty. This item ships from La Vergne, TN. Paperback.



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