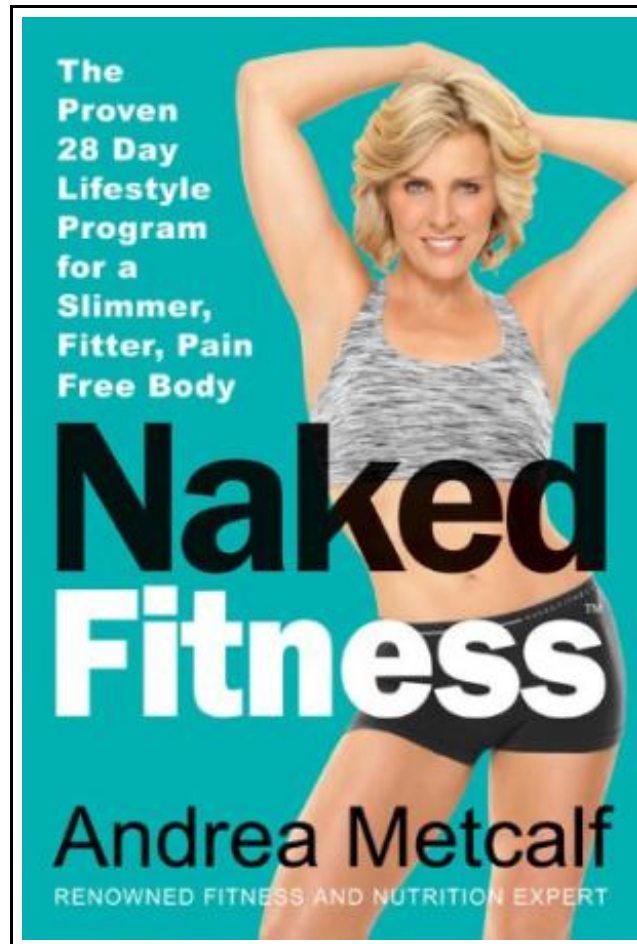


Naked Fitness: The Proven 28 Day Lifestyle Program for a Slimmer, Fitter, Pain Free Body (Hardback)



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Reviews

Extensive information! Its this type of excellent study. I have read and i am sure that i will gonna go through yet again once more down the road. Once you begin to read the book, it is extremely difficult to leave it before concluding.



(Aliyah Mayer)

NAKED FITNESS: THE PROVEN 28 DAY LIFESTYLE PROGRAM FOR A SLIMMER, FITTER, PAIN FREE BODY (HARDBACK)



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Vanguard Press Inc, United States, 2011. Hardback. Book Condition: New. 241 x 163 mm. Language: English . Brand New Book. This is a unique programme to design your total health makeover by one of the rising stars of the world of fitness and health. Naked Fitness is not about working out in the nude. And it s not about being dressed in the best workout attire either. Naked Fitness is about stripping away all the clutter that stops you from getting your wonderful, beautiful body into the best shape possible. It s about breaking down the barriers and fears that are keeping you from getting motivated and staying on track. It s about being able to move your body without pain, align it to move to its fullest potential, and learning how the correct alignment impacts your daily health. Naked Fitness is not just another exercise book. Instead, it uniquely tailors a solution specifically for your body. In Naked Fitness , you will look in the mirror and find your fountain of youth. Whether you have never moved off the sofa or if you are an agile athlete, you will learn how to look at your body and understand exactly what it needs to be in perfect alignment, and to feel and look your very best. The Daily Ten personalised routines are specific to which part of your spine needs better alignment to function better. Whether you re looking to lose weight, live healthier, or improve your performance on and off the field, you will find the answers in Naked Fitness . You can then take your routine one step further by completing the Naked Fitness web questionnaire and download your personalized exercise routine DVD. Written by exercise/lifestyle expert and Certified Personal Trainer Andrea Metcalf, Naked Fitness delivers its fool-proof...

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