



## 5 Minute Workouts! Wods to Build Muscle, Burn Fat, Increase Strength Fitness in 5 Minutes or Less (Paperback)

By P Selter

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Build Strength, Agility, Discipline Coordination While Burning Fat In 5 Minutes Per Day! By The Author Of The Original Cross Training WOD Bible An International #1 Amazon Best Seller! Let me ask you a few quick questions. Are you time poor? Do you find yourself struggling to get to the gym or do any exercise at all for that matter? Have you performed long, arduous workouts before failed to see results? Do you wish there was a 5 minute fix to the above for your fitness well-being? If you answered Yes! to any of these questions then the 5 Minute Workouts! is a MUST READ Here Is A Preview Of What The 5 Minute Workouts! Book Contains. An Introduction To 5 Minute Workouts The Benefits Of These Quick Efficient Workouts That You Need To Know 5 Minute Goal Achieving Fitness Habits The Negative Habits Of Society 50 Workouts Designed To Improve Your Functional Fitness Level, Caridovascular Health, Strength Overall Well-being in 5 Minutes! Much, Much More!.



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