



## Easy Exercises: Simple Workout Routine for Busy People in the Office, at Home, or on the Road

By Patrick Barrett

Createspace, United States, 2012. Paperback. Book Condition: New. 200 x 122 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Have you been looking for a short, simple exercise routine that you can work into your busy schedule? Do you wish you could enjoy the benefits of regular exercise without rearranging your day around a trip to the gym, and without being forced to skip your workouts because you were just too busy to get it done with work, school, family, and who knows what else? If so, Easy Exercises may be the answer you're looking for. You'll learn a simple, short, stripped-down routine that you can do on a daily basis. You can stick with the core program indefinitely and reap the rewards of daily physical activity, or you can add in some challenging options for better, faster results while still keeping your workouts short and convenient. Can you set aside 3 or 4 minutes each day to exercise? Of course you can, and that means you've got all the time you need to incorporate this simple exercise routine into your life. People like to talk about the secret to staying in shape. Well,...



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Free Spirit Publishing Inc., U.S., United States, 2009. Paperback. Book Condition: New. 175 x 127 mm. Language: English . Brand New Book. Kids today are notorious for putting things off - it's easy for homework and chores to take a backseat to playing video...



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