



## Save Time with Circuit Training

By Lisa M. Wolfe

Wish Publishing. Paperback. Book Condition: new. BRAND NEW, Save Time with Circuit Training, Lisa M. Wolfe, Finding the time to workout seems to be the biggest complaint that people have. Our lives are so full from morning until night and finding an hour or two to exercise sometimes feels impossible. This frustration makes most people avoid exercising all together. This book shows readers how to use things they already have around the house in a faster workout that can be varied on a daily basis to keep exercise fresh and fun, yet still accomplish the goals normally met by a two-hour workout at the gym.



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