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3 Minute Workouts

By Kusal Goonewardena

Wilkinson Publishing. Paperback. Book Condition: new. BRAND NEW, 3 Minute Workouts, Kusal Goonewardena, How many times have you been meaning to do some exercise, but life just gets in the way? The demands of our jobs, family, social life and other commitments mean we are left with precious little time to get our bodies into shape. Physiotherapist Kusal Goonewardena has worked with hundreds of elite athletes who are always short on time because of travel. He has perfected a short exercise plan to keep them at peak fitness. Now, in 3 Minute Workouts, Kusal is sharing this plan with you! This book is full of easy to learn exercises and advice that will have even the busiest person able to give their body the attention it deserves.



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