



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

By Andrea Metcalf

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...



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