



## The Amazing Water Bottle Workout: No Gym? No Weights? No Problem! (Hardback)

By Jason S. Greenspan, Lee Noonan

Basic Health Publications, United States, 2010. Hardback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Offers the simplest, most practical approach to fitness, anywhere, anytime. A liter of water weights three pounds; a gallon weights nine pounds, making water bottles, (plastic or stainless) the best possible resistance devices. All it takes is a water bottle for an efficient, affordable, and effective workout.



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