

Fit in 15: 15-Minute Morning Workouts that Balance Cardio, Strength and Flexibility



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A simple yet brilliant program. Dedicate at least 15 minutes each morning to exercising (anyone can do that). Vary and balance the workout so you achieve overall fitness.

How? Simply look at which day of the week it is and do the type of workout assigned to that day: Mon = Cardio Tue = Upper Body Strength Wed = Flexibility Thu = Cardio Fri = Lower Body Strength Sat = Special Targetted Workout Sun = Mind/Body Awareness If it is Mon (or Thu), turn to the chapter that describes Cardio workouts and choose from one of the many cardio workouts described, including everything from jogging to using that exercise bike you bought a few years ago. On Tue, turn to the Upper Body Strength chapter and choose between free weights, Pilates/Ball, a shadow boxing workout and many more. With this program, you develop overall fitness and NEVER get BORED since you get to choose from over 55 different workouts. Each one fully explained and illustrated. It is like going to your favorite restaurant and selecting a different item off the menu each night.