



7 Minutes to Fit: 50 Anytime, Anywhere Interval Workouts (Chinese Edition)

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There's a reason why searching Google for the New York Times article ""The Scientific 7-Minute Workout"" yields nearly 100 million results: we all want an exercise routine that's quick, efficient and delivers powerful results. In 7 Minutes to Fit, the scientific study's co-author presents 50 all-new high-intensity interval circuits that only require a chair and a timer. Award-winning personal trainer Brett Klika provides step-by-step explanations of basic exercise movements paired with illustrations so readers are ready to perform the workouts. With circuits devoted to full body, arms, legs and core all wrapped up in a portable package, 7 Minutes to Fit is an at-home personal trainer perfect for busy parents, travelling professionals, or time-strapped students.



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