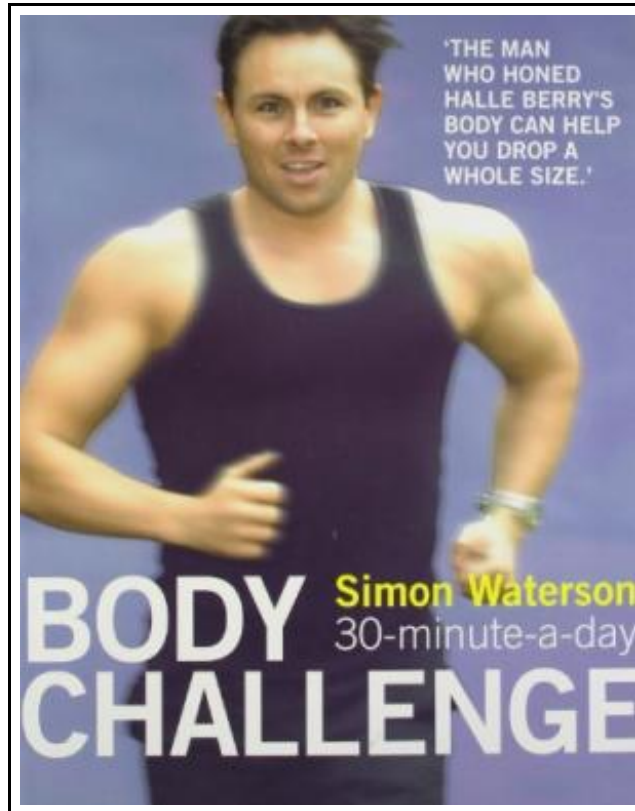


30-minute-a-day Body Challenge



Filesize: 4.19 MB

Reviews

Basically no words to describe. It is filled with knowledge and wisdom I am just pleased to let you know that this is actually the greatest publication i have read within my individual lifestyle and may be he best publication for at any time.

(Prof. Ron Gaylord II)

30-MINUTE-A-DAY BODY CHALLENGE



HarperCollins Publishers, United Kingdom, 2011. Paperback. Book Condition: New. 244 x 188 mm. Language: English . Brand New Book ***** Print on Demand *****.Now world-leading fitness trainer Simon Waterson - who trained Halle Berry - brings you seven focussed circuit-training programmes tailored for specific needs - prepare your body for a skiing holiday, build up serious strength, tone up all over, get great abs, burn fat fast and more! Circuit training is the system used by anyone who needs to build serious levels of fitness - athletes, soldiers, climbers and explorers. This book will give you the body you've always dreamed of. Following on from Commando Workout, which used a four-week programme to build fitness, 30 Minute a Day Body Challenge contains six 30-minute circuits based on military training techniques. The workouts target: * lower body * upper body * cardio * abs * plyometric (speed, strength and endurance) * the ultimate circuit challenge. Celebrity trainer and ex-Commando Simon Waterson then provides seven four-week programmes combining the circuits in different ways so you can achieve very specific results: * fat loss * ab attack * total toning * serious strength * ski and trek workout * ball sport skill * active pregnancy. Simon's real-life Commando experiences form a backdrop to the programme, which will also increase mental endurance, give you a sense of personal challenge and achievement, increase speed, power, agility and reaction times and improve muscle tone and endurance.



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