



## The Commercial Break Workout: Trim and Tone Two Minutes at a Time

By Buch, Linda; Snider-Copley, Seth Anne

Prima Lifestyles, 2002. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Shape Up "and Improve Your Health--from the Couch! No more excuses: With this fun and motivating book, you can actually get a workout and enhance your physical condition "while watching TV! It's true. This lighthearted book produces serious results and is the work of top-notch fitness experts. Inside are spirited and spunky beginner, intermediate, and advanced exercises that cover everything from posture and balance to stretching and strengthening. "The Commercial Break Workout will guide you through a series of safe and progressive exercises that work on your chest, back, and shoulders and shape up the arms, torso, butt, gut, legs, and heart--all during commercial breaks! Best of all, there's no equipment to buy, no special clothing to wear, and, of course, no schedule changes to your TV plans. By using "The Commercial Break Workout, you can begin to accomplish all this in just one hour of television: -Increase your energy level -Improve your moods -Decrease your blood pressure and bad cholesterol -Enhance your appearance -Improve blood circulation -Enjoy a healthier life!.

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