

<<6Minute Morning晨练6分钟>>

图书基本信息

书名：<<6Minute Morning晨练6分钟>>

13位ISBN编号：9781407507545

10位ISBN编号：1407507540

出版时间：2007-12

出版时间：Parragon

作者：本社 编

页数：192

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内容概要

Get fit and easily work it into your busy day with this great guide to quick workouts. The 6 Minute Morning Workout is divided into four handy parts so that you can choose to concentrate on all-over toning, stretching your muscles, working on your hips and thighs or developing the perfect flat stomach.

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stretch Leg lift and cross Lying full body stretch Hip and thigh stretch Standing full body stretch Knee
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stretch Neck stretches Two-week plan body toning flat stomach hips and thighs

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