

The Womens Health Big Book of 15-Minute Workouts A Leaner Sexier Healthier You--In 15 Minutes a Day!



BOOK DETAILS

- Author : Selene Yeager
- Pages : 416 Pages
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BOOK SYNOPSIS

Presents an assortment of short exercise routines which take only fifteen minutes per day and includes workouts for different fitness levels, with some moves targeting specific body parts.

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