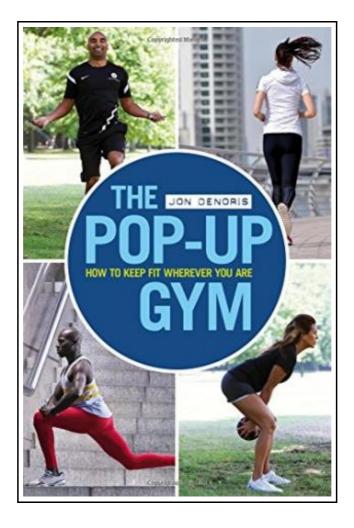
The Pop-Up Gym: How to Keep Fit Wherever You are



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Reviews

Merely no terms to spell out. We have read through and i also am confident that i will gonna read yet again again in the future. You will not sense monotony at anytime of your own time (that's what catalogs are for about should you question me).

(Pasquale Larkin I)

THE POP-UP GYM: HOW TO KEEP FIT WHEREVER YOU ARE



Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, The Pop-Up Gym: How to Keep Fit Wherever You are, Jon Denoris, Fitness trainer to a host of busy people including actors, TV presenters and politicians, Jon Denoris has created a series of exercises and routines, most of which can be carried out almost anywhere: in the home, at work or outdoors. Hardly any of them require any equipment. Dumbbells and a medicine ball will come in useful for a few of the exercises, and also a stability ball, but that is all. So the exercises can even be done on holiday and can be adapted to work with stand-in equipment. Hence the title The Pop-up Gym: a fitness programme you can take with you wherever you go. An easy-to-use, stylish package for people who want to be fit with the minimum of fuss. Suitable for readers who don't have time to go to a gym, don't want to spend a lot of money on equipment and have limited time.



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