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The Complete Idiot's Concise Guide to Short Workouts (Penguin Classics)

Jonathon Cane

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Life is very busy and you've barely got time to imagine working out, much less working up a sweat. You know you need to make time for fitness or you'll regret it later. Don't throw in the towel. This handy guide will help you maximize your exercise while minimizing your time commitment. In it you'll find: *How-to's for fitting fitness into your busy life. *Cardio, strength, and streching workouts for gym, home, or office, from 5 to 30 minutes max. *The facts on why short workouts are worth your time.

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