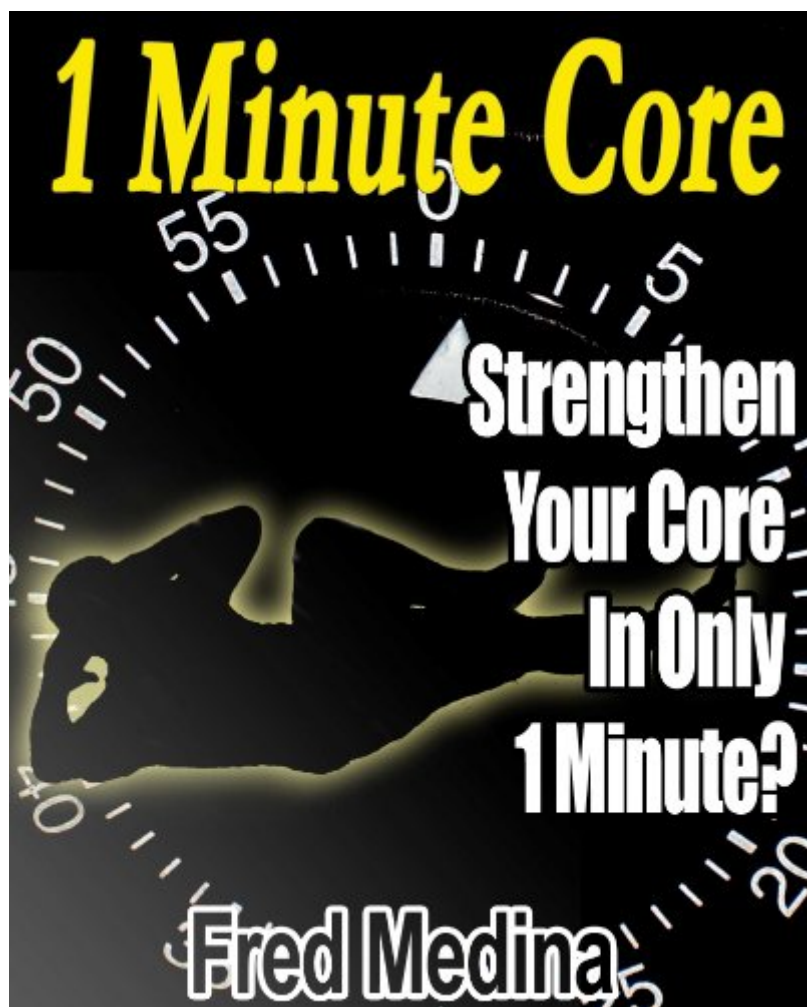


The book was found

1 Minute Core: Strengthen Your Core In Only 1 Minute?



Synopsis

We all have busy lives and find it hard to fit in a workout. That's where the 1 minute workout series comes in. These e-guides are a quick read and will allow you to get up and going quickly. When reading a book that takes at least 3 hours to read, how much of that information do you really retain? Have you ever had to sit and take notes? Don't be surprised, when you're done taking your notes on that 300 page book, if you only have 10-30 pages. With my e-guides, I have already minimized the book and created a notes-like environment. That way you can Get Moving & Get Results!

Introducing 1 Minute Core: 1 Minute Core consists of three quick core workouts, each taking only 1 minute to complete. Think you don't have time to do exercise? Think again. Everybody can spare 1 minute every now and then. Doing these exercises for 1 minute can:

- Increase your strength and muscle endurance
- Burn calories
- Tone your muscles

Book Information

File Size: 510 KB

Print Length: 23 pages

Publication Date: October 11, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00FUR77RW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #520,344 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #66

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Quick

Workouts #242 in Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts

#986 in Kindle Store > Kindle Short Reads > 45 minutes (22-32 pages) > Health, Fitness & Dieting

Customer Reviews

Brilliant! I have tons of reading materials on fit and fitness but this book keeps me focussed. I have a tendency to read too much and continuously search for the ultimate method(s) for training. The "1 Minute Core" allows me to use my time wisely and systematically so I don't "wander" through my contrived workouts. After a ride I'm warmed up, so I open up my Kindle, search out some core

workouts and spend 15 minutes of quality time concentrating on three main workouts at high intensity. Pick and choose, mix and match. Great book to have when you're looking to cram in a session of core workouts and you don't want to spend a ton of time at the gym. Highly recommend!

I have this on my Kindle and have done these exercises which are effective and efficient. A good example of how to get fit with very little time available.

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