



The 20-Minute Travel Workout

By Andrà Meintjes

Tch Press. Paperback. Book Condition: New. Paperback. 222 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. Keep Active, Energized and Productive While Traveling It Takes Just 20 Minutes! Get energized while traveling on business! Become the envy of your co-workers or counter-parts, while honing the body and also increasing chances of success. All this becomes possible thanks to unique, fun and easy exercises that also sharpen and naturally accelerate the mind into efficient overdrive. Heralded worldwide as among todays most widely respected and knowledgeable workout experts, Doctor Andr Meintjes provides comprehensive, short, whole-body exercise routines based on his more than 17 years of experience as a renowned physical therapist. His trademarked and increasingly popular 20-Minute Travel Workout invigorates you while on the road, particularly essential for busy, stressed out executives and sales personnel. Each scientifically designed exercise routine can be done anytime and anywhere, from your hotel room to a public park or the beach. You should perform these exercises vigorously, using multiple muscle groups while elevating your heart ratethereby accelerating your bodys natural energy producing systems. When using The 20-Minute Travel Workout you: Keep active while on the road. Energize your mind and body before business meetings. Need only 20 minutes...



Reviews

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