

Download Fitness 9 To 5 Easy Exercises For The Working Week

This book is kind of hit or miss. I like how "Fitness 9 to 5" points out that you can make tweaks to everyday habits to make your lifestyle healthier.

The latest trend in fitness for the overworked and underexercised? The office cubicle, of course! Fitness 9 to 5 is the perfect antidote to long hours hunched over a desk and missed dates with the gym.

This book features 69 quick and easy exercises that can be performed discreetly while sitting at a desk, standing at a file cabinet, and even on your morning commute. With illustrations and step-by-step instructions, Fitness 9 to 5: Easy Exercises for the Working Week is the best defense against the office candy jar.

Shirley Archer: Easy Exercises for the Working Week - Fitness 9 to 5. 15K likes. "Like" this page for easy to do tips on how to use mindfulness to get...

Offers an array of simple exercises that can be done while sitting at a desk, working at the computer, or even on the morning commute. This book guides the reader through ingenious ways to stay fit on the job, such as the "Prairie Dog Cubicle Calf Raises," "Coffee Pitcher Curls," and "Stairwell Bun Blaster."

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