



Basic FITNESS for people working 9-5: Fitness training which you can start at home

Rik K

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Busy working every day from 9-5? You do not have time to visit the gym after work? No problem! This e-book will motivate you and provide you with simple exercises that you can start doing at home, without any sophisticated equipment. You can practice these exercises in the morning for 30 minutes daily.

Treat your body as a temple and start taking charge of your physical health.

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