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Angie Newson

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Get Fit for Free! Home Workouts offers step-by-step Yoga and Pilates routines to enable people of all ages and ability levels to get fit without joining a gym! Blending Yoga and Pilates is the perfect solution to improve flexibility, strength, and endurance while at the same time creating a more balanced inner spirit and heightened self-esteem and coordination. What's more, because of the book's clever split-book format, each workout can be tailored to your personal level of fitness simply by flipping the pages of the full-color demonstrations at the top and choosing which of the suggested routines within the workout listed at the bottom, you want to do. Each exercise also offers advice on how to make your workout either easier or more challenging.

Inside you'll find: 36 different programs and 60 different exercises, adding up to hundreds of personalized exercise routines; a list of fitness goals, from weight loss to increased confidence and coordination; a self-assessment test to determine your level of flexibility, balance, and stress; a step-by-step full-color photographic instructions for all positions and exercises; sample workout routines; a guide to gear, from products around the home to optional extras; and a chart to measure progress. For yoga, the focus will be on the general "hatha" style, which offers a full range of physical benefits and concentrates on getting the breathing right. The principles of both yoga and Pilates can be applied not only to each exercise but also extended to shape your life.

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