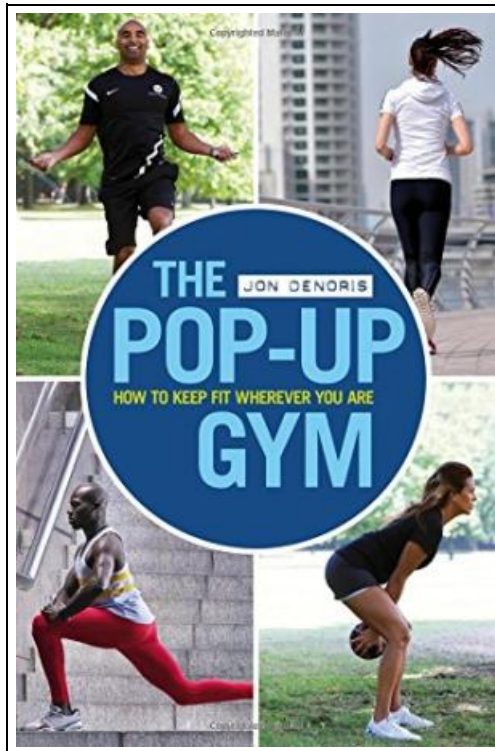


## The Pop-Up Gym: How to Keep Fit Wherever You are



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*The book is fantastic and great. it was writtern really perfectly and useful. I discovered this pdf from my i and dad suggested this book to learn.*

*(Dr. Cordie Upton III)*

## THE POP-UP GYM: HOW TO KEEP FIT WHEREVER YOU ARE



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Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, The Pop-Up Gym: How to Keep Fit Wherever You are, Jon Denoris, Fitness trainer to a host of busy people including actors, TV presenters and politicians, Jon Denoris has created a series of exercises and routines, most of which can be carried out almost anywhere: in the home, at work or outdoors. Hardly any of them require any equipment. Dumbbells and a medicine ball will come in useful for a few of the exercises, and also a stability ball, but that is all. So the exercises can even be done on holiday and can be adapted to work with stand-in equipment. Hence the title The Pop-up Gym: a fitness programme you can take with you wherever you go. An easy-to-use, stylish package for people who want to be fit with the minimum of fuss. Suitable for readers who don't have time to go to a gym, don't want to spend a lot of money on equipment and have limited time.



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