



The Younger Next Year Exercise Program

By Christopher Crowley

Workman Publishing. Paperback. Book Condition: new. BRAND NEW, The Younger Next Year Exercise Program, Christopher Crowley, Younger Next Year Exercise Program combines the best information from the New York Times bestselling Younger Next Year with the cutting-edge workouts from Thinner This Year. The book printed in a user-friendly format perfectly sized to throw into a gym bag includes Dr. Harry Lodge's science behind the benefits, and lots of passionate encouragement from Chris Crowley. Here is the 10-minute warm-up (critical for maintaining ankle, shoulder, and hip mobility). The five amazing things aerobic exercise will do for your body, and finding the method that works for you. How to get fit better and more quickly with intervals, and the importance of "whole-body" strength training. Plus, the Twenty-Five Sacred Exercises that will be the foundation for your strength-training routine for life, including "Why Bother?" for each and easy-to-follow step-by-step instructions and illustrations.



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