



Gotta Minute? The Ultimate Guide of One-Minute Workouts: For Anyone, Anywhere, Anytime!

By Bonnie Nygard, Bonnie Hopper

Robert D. Reed Publishers. Paperback. Book Condition: new. BRAND NEW, Gotta Minute? The Ultimate Guide of One-Minute Workouts: For Anyone, Anywhere, Anytime!, Bonnie Nygard, Bonnie Hopper, Inspires readers to incorporate quick, easy, and effective exercises into their daily routines. The authors have contracts with major corporations and government agencies to train staff member. Written by two award winning physical educators. 75% of the population are candidates for this book. The authors are university teachers and teach over 1,500 students a year. This book will help readers to look better, feel better, and have more energy than they ever thought possible.



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Reviews

Extensive information for book fans. It is written in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Otis Wisoky**

This publication is great. It is full of wisdom and knowledge. You will not really feel monotony at any time of the time (that's what catalogs are for relating to when you ask me).

-- **Dr. Everett Dicki DDS**