



15 Minute Stretching Workout (15 Minute Fitness)

Suzanne Martin

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If you want to stretch your body properly but don't have the time, find out how by following this stretching book and DVD set. Created in collaboration with the popular boutique chain Sweaty Betty, this book comes with a foreword from its founder Tamara Hill-Norton. Forget gyms, expensive kit, and hours of punishing fitness regimes; try these easy-to-follow 15-minute workout routines and stretch your way to a better body in no time. Clear at-a-glance photos show you exactly what to do and the live action 60 minute DVD demonstrates each of the four key exercises so you can master techniques, and learn to wake up your body and improve your posture, flexibility and strength. A total fitness package - exercising at home has never been easier or quicker.

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