



10 minute workouts

These simple exercise routines, presented on 50 handy cards, have all been specially devised to take up only ten minutes of your time. All the key areas of the body are targeted from tums to bums, hips to thighs and arms to legs. There are stretches and aerobic exercises, and introduction cards offer tips on nutrition and lifestyle.



10 Minute Workouts Card Deck

Mark Lauren, Joshua Clark

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the authors' names.

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