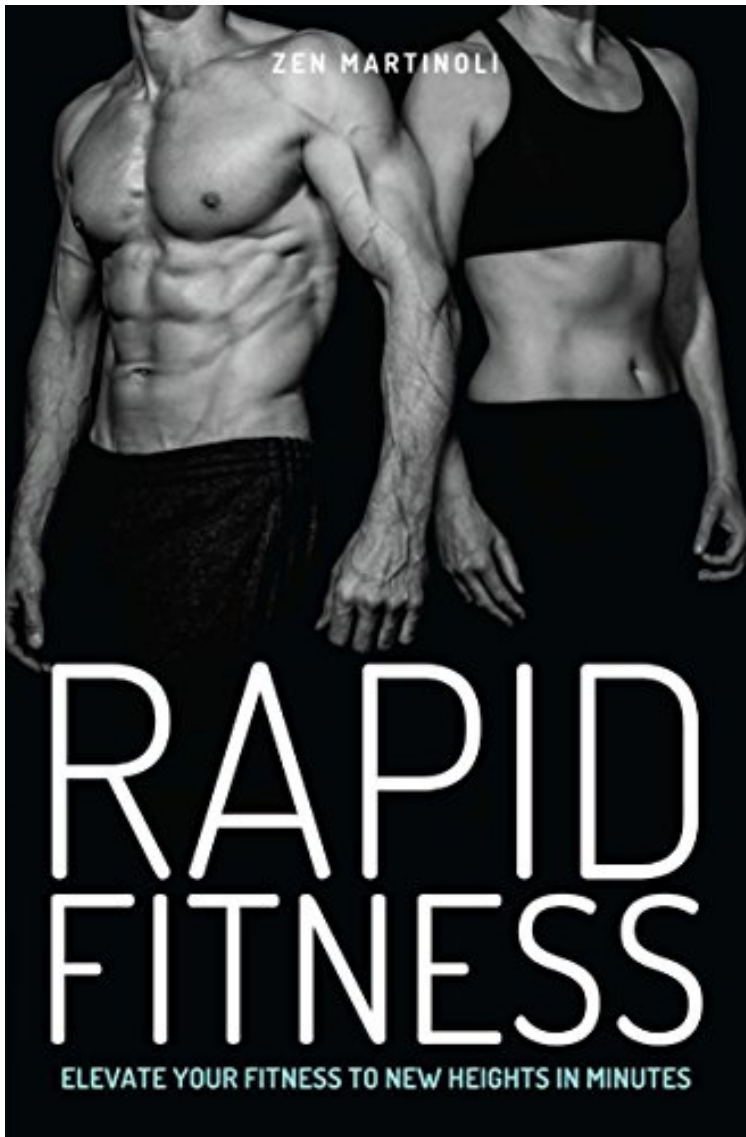


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Rapid Fitness - Elevate Your Fitness to New Heights in Minutes



Par Zen Martinoli

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Description :

Prsentation de l'diteurFollowing the success of his first book, 5 Minute Fitness, boxing and fitness trainer Zen Martinoli has produced a new exciting book for those already accustomed to exercise.Rapid Fitness provides short, highly effective, bodyweight only, compact-workouts designed for recreational exercisers and sportspeople alike. These routines can be employed anywhere, anytime without the use of equipment - perfect for someone with a busy lifestyle.Improve your explosive strength, vertical and horizontal jumping power, acceleration or even deceleration ability with one of many, specifically tailored rapid-workouts.

Amplify your performance levels and unlock the door to increased speed, strength, power, endurance, functionality, stability, motor-skills and core-strength as well as shedding fat and promoting lean muscle growth. These convenient rapid-workouts can be added to enhance your existing regime or as a standalone program in themselves. And with no need to spend long hours in the gym, there is now no excuse not to convert minimal time into maximum benefit in order to take your game to the next level.

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Biographie de l'auteur Zen Martinoli is a qualified boxing and fitness trainer and the author of "*Zen Martinoli's 5 Minute Fitness*." He trains people of all fitness levels and abilities. His clients include professional and amateur fighters, models, and actors.