



Weights on the BOSU Balance Trainer: Strengthen and Tone All Your Muscles with Unstable Workouts

By Brett Stewart, Jason Warner

Ulysses Press. Paperback. Book Condition: new. BRAND NEW, Weights on the BOSU Balance Trainer: Strengthen and Tone All Your Muscles with Unstable Workouts, Brett Stewart, Jason Warner, TAKE YOUR WORKOUT TO THE NEXT LEVEL Pairing weights with the BOSU(R) Balance Trainer's unique unstable platform is the ideal way to get in shape, burn fat and develop powerful, lean muscles. The lifting builds and sculpts primary muscles, while the balancing tones secondary and supporting muscles for maximum results. This book's unique program draws on the unbeatable combination to super-charge your workout with highly effective exercises: * FLYS while lying on the dome to target your chest and shred your core * CURLS while balancing on the flat side to build biceps and tone your legs * Deep-knee SQUATS with an overhead bpress to work every muscle group Packed with dozens of fully illustrated, easy-to-follow exercises, as well as day-by-day workout programs for beginners, weekend warriors and elite athletes, Weights on the BOSU(R) Balance Trainer is the ultimate guide to quickly transforming your body.



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Reviews

This publication is definitely worth buying. It can be loaded with wisdom and knowledge I am easily could possibly get a satisfaction of looking at a composed publication.

-- **Rhiannon Steuber**

Very helpful to all type of individuals. It really is rally interesting throgh looking at time. Its been designed in an extremely basic way which is just soon after i finished reading this pdf through which basically modified me, change the way i believe.

-- **Tyshawn Brekke**