



Living Room Fitness: Equipment-free exercises and routines that will get you in the best shape of your life!

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Living Room Fitness will provide the only exercises (all equipment-free) and routines (all under an hour) you'll ever need to get the body you want. Equipment-free, or bodyweight, exercises combine the key elements of fitness: cardio, strength training, and balance. You won't need to run on a treadmill to get your cardio in, lift weights to build strength, or go to yoga class to improve balance. All of these goals can be achieved from the comfort of your own living room! Now updated with illustrations for all exercises!

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