



Swiss Ball Workout: Hardcore Circuit Training for Men

Chohwora Udu, Jim McHale

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Think circuit training is for the feeble and faint-of-heart? Think again. Swiss Ball Workout is a no-nonsense approach to high intensity fitness training. This workout is intense, diverse, creative, and, most importantly, proven. Using a swiss (stability) ball forces your body to respond to the instability of the ball and therefore engages more muscles to keep you balanced. It is ideal for improving your core strength and balance.

The exercises in this book will give you the motivation you need to get super fit, and the expertise required to dramatically improve your muscular strength and aerobic fitness. This workout can be done practically anywhere! In a park, a hotel room, a gym, or even the living room – this workout was designed to suit every man's needs.

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