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THE AMAZING WATER BOTTLE WORKOUT NO GYM NO PROBLEM



Basic Health Publications. Paperback. Book Condition: New. Paperback. 96 pages. Dimensions: 8.3in. x 5.4in. x 0.3in. The days of schlepping to an expensive, dirty, sweaty gym are over. The Amazing Water Bottle Workout offers the simplest, most practical approach to fitness-anywhere, anytime. A liter of water weights three pounds; a gallon weights nine pounds, making water bottles (plastic or stainless) the best possible resistance devices. All it takes is a water bottle for an efficient, affordable, and effective workout. Water bottle...

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