



Quick Workouts: The Best 17 Minute Workouts & Exercises: Weight Loss, Core Strengthening, Butt & Thighs Shaping (Fit Expert Series) (Volume 1)

Andy Charalambous

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Quick Workouts The Best 17 Minute Workouts & Exercises Fit Expert Series

Is it possible to get a productive workout in under 20 minutes? Yes...very much so.

In this book of quick workouts you will find 12 very powerful training sessions that last no longer than 17 minutes. Within those workouts each will provide just the right amount of exercises for you to follow in order to achieve the look you want from your body. All the workouts and exercises in this book have been created by 9 fitness experts. Each expert has provided you with their tips, tricks and techniques for achieving a particular fitness, shaping and weight loss goal. The book is split into three workout sections focusing on three main areas of the body that the majority of people want to change.

The three sections are: **17 Minute Workouts For Fat Burning** – Includes exercise routines for weight loss via fat burning. **17 Minute Workouts For Your Core** – Includes exercises for strengthening your core which in turn will make your workouts more effective. **17 Minute Workouts For Your Butt & Thighs** – Packed with amazing exercises to help shape and tone those lower areas of your body.

You essentially have a full body workout right here. You can pick and choose which areas you want to work on. You can mix and match the exercises and workouts or just focus on a specific goal using specific exercises. The routines in this book are designed for you to fit around your daily schedules. You can follow each routine one after the other or you can create your own routines using the exercise methods provided. The information, workouts and exercises in this book will help you to tailor make a routine that will not only fit into your daily schedule but also help you to achieve the body you have always wanted. **17 minutes is all you need!**



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