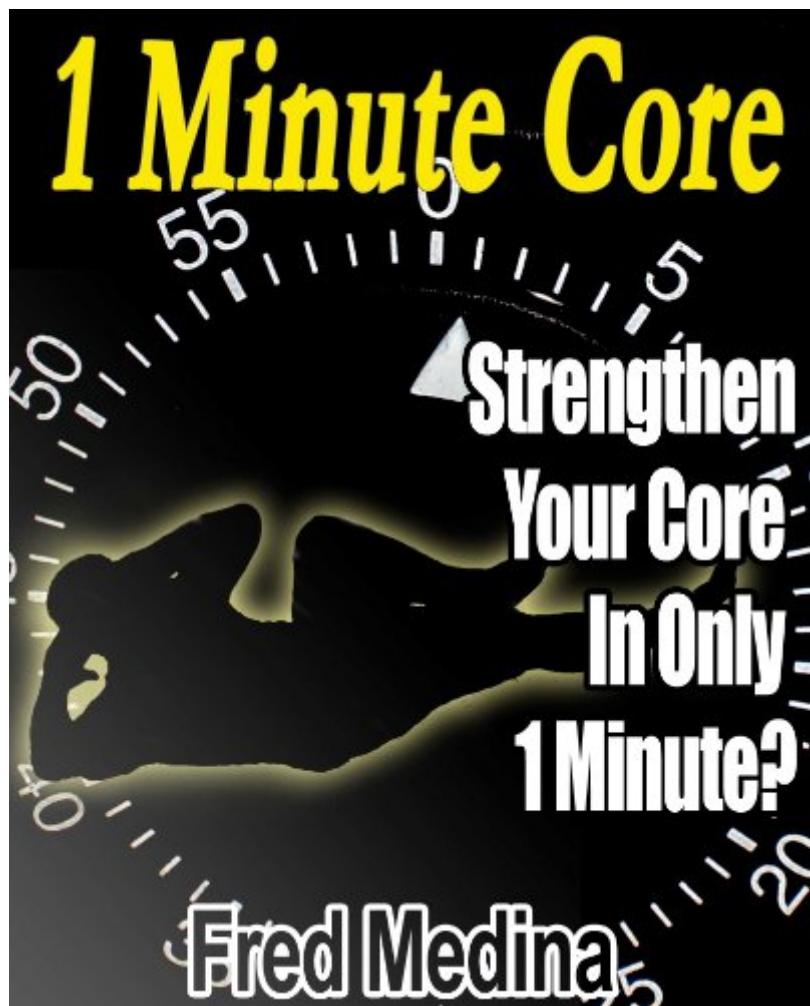


The book was found

1 Minute Core: Strengthen Your Core In Only 1 Minute?



Synopsis

We all have busy lives and find it hard to fit in a workout. That's where the 1 minute workout series comes in. These e-guides are a quick read and will allow you to get up and going quickly. When reading a book that takes at least 3 hours to read, how much of that information do you really retain? Have you ever had to sit and take notes? Don't be surprised, when you're done taking your notes on that 300 page book, if you only have 10-30 pages. With my e-guides, I have already minimized the book and created a notes-like environment. That way you can "Get Moving & Get Results!" Introducing 1 Minute Core: 1 Minute Core consists of three quick core workouts, each taking only 1 minute to complete. Think you don't have time to do exercise? Think again. Everybody can spare 1 minute every now and then. Doing these exercises for 1 minute can:-Increase your strength and muscle endurance-Burn calories-Tone your muscles

Book Information

File Size: 510 KB

Print Length: 23 pages

Publication Date: October 11, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00FUR77RW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #520,344 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #66 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts #242 in Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts #986 in Kindle Store > Kindle Short Reads > 45 minutes (22-32 pages) > Health, Fitness & Dieting

Customer Reviews

Brilliant! I have tons of reading materials on fit and fitness but this book keeps me focussed. I have a tendency to read too much and continuously search for the ultimate method(s) for training. The "1 Minute Core" allows me to use my time wisely and systematically so I don't "wander" through my contrived workouts. After a ride I'm warmed up, so I open up my Kindle, search out some core

workouts and spend 15 minutes of quality time concentrating on three main workouts at high intensity. Pick and choose, mix and match. Great book to have when you're looking to cram in a session of core workouts and you don't want to spend a ton of time at the gym. Highly recommend!

I have this on my Kindle and have done these exercises which are effective and efficient. A good example of how to get fit with very little time available.

[Download to continue reading...](#)

1 Minute Core: Strengthen Your Core In Only 1 Minute? 7 Weeks to 300 Sit-Ups: Strengthen and Sculpt Your Abs, Back, Core and Obliques by Training to Do 300 Consecutive Sit-Ups Ab Wheel Workouts: 50 Exercises to Stretch and Strengthen Your Abs, Core, Arms, Back and Legs Five-Minute Relationship Repair: Quickly Heal Upsets, Deepen Intimacy, and Use Differences to Strengthen Love The Daniel Fast: Feed Your Soul, Strengthen Your Spirit, and Renew Your Body Chakras for Beginners: How to Activate and Balance Your Chakras to Strengthen Your Character and Live a Better Life (Chakra Balancing & Healing For Beginners) 7 Weeks to 100 Push-Ups: Strengthen and Sculpt Your Arms, Abs, Chest, Back and Glutes by Training to do 100 Consecutive Push- 7 Weeks to 50 Pull-Ups: Strengthen and Sculpt Your Arms, Shoulders, Back, and Abs by Training to Do 50 Consecutive Pull-Ups The Best Thigh Exercises You've Never Heard Of: Shape and Strengthen Your Thighs The Golfer's Guide to Pilates: Step-by-Step Exercises to Strengthen Your Game Pilates Six Pack Exercise Bundle: Learn How to Exercise Correctly Today - Intro to Pilates - Beginner Six Pack Exercises (Ultimate Mind Body Fitness - Strengthen, Tone and Heal Your Body) 7 Weeks to 100 Push-Ups: Strengthen and Sculpt Your Arms, Abs, Chest, Back and Glutes by Training to do 100 Consecutive Push-Ups The Genius of Flexibility: The Smart Way to Stretch and Strengthen Your Body Antioxidants: A Simple Method to Increase Brain Power, Strengthen Your Immune System and Reverse the Aging Process (Macrobiotics, Superfoods, Antioxidants) The 15-Minute Writer: How To Write Your Book In Only 15 Minutes A Day Digestive Wellness: Strengthen the Immune System and Prevent Disease Through Healthy Digestion, Fourth Edition Stretch and Strengthen What You Must Know About Memory Loss & How You Can Stop It: A Guide to Proven Techniques and Supplements to Maintain, Strengthen, or Regain Memory The Coconut Oil Miracle: Use Nature's Elixir to Lose Weight, Beautify Skin and Hair, Prevent Heart Disease, Cancer, and Diabetes, Strengthen the Immune System, Fifth Edition The 15-Minute Standing Abs Workout Plan: Ten Simple Core Exercises to Firm, Tone, and Tighten Your Midsection

[Dmca](#)