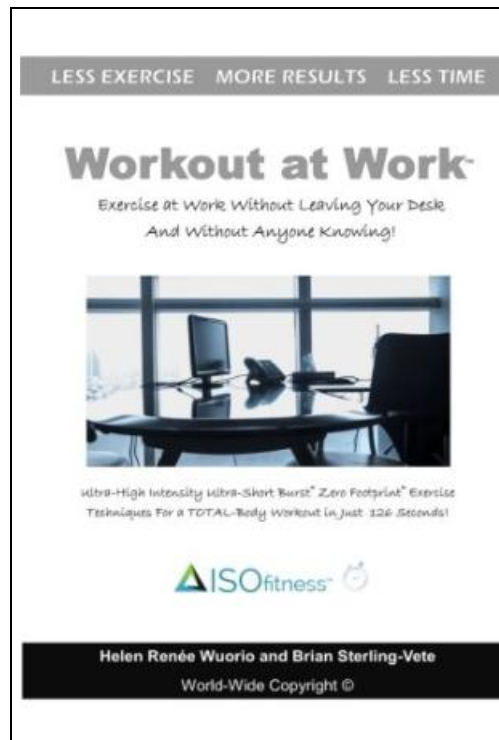


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WORKOUT AT WORK: EXERCISE AT WORK WITHOUT LEAVING YOUR DESK AND WITHOUT ANYONE KNOWING! (PAPERBACK)



To get **Workout at Work: Exercise at Work Without Leaving Your Desk and Without Anyone Knowing! (Paperback)** PDF, remember to click the web link beneath and download the file or have accessibility to other information which might be related to WORKOUT AT WORK: EXERCISE AT WORK WITHOUT LEAVING YOUR DESK AND WITHOUT ANYONE KNOWING! (PAPERBACK) ebook.

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.No time to exercise? Think again, because you can Workout at Work. A stark new warning from the Icahn School of Medicine at Mount Sinai School of Medicine in New York reveals that sitting at a desk working for more than 6 hours a day can be extremely damaging to your health, and even exercising 4 evenings a week after work, or for long periods over the weekend, won't fix the damage. The average person spends over 10 years of their life at work over an average 45 year working life, which for most people means sitting at a desk for a staggering 10-years of their life! Time, or lack of it, is also working against after-work exercise sessions. Exercising the traditional way in a gym 3-days a week, will consume a further 4.27 years. This is why time is the #1 reason why people don't exercise. The fact is that sitting at a desk for more than 6 hours a day can cause potentially irreversible damage to your heart, together with increases in both cholesterol and body fat, as well as insulin resistance which is a precursor to type 2 diabetes. What if you could workout effectively while you were at work? What if a complete beginner could exercise with equal ease to someone who is an advanced athlete, and all without leaving your place of work? Now you can do exactly that with The ISOfitness(TM) system of advanced isometric exercises. With the ISOfitness(TM) system, and a pair of Iso-Bows(R), the world's smallest total-body exerciser, you can workout effectively at work, no matter what fitness level you're at, without ever leaving your desk! Even if you perform...



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