



Work It Out Without A Workout

By Vesna P. Jacob

Random House Publishers (India) Pvt. Ltd., Noida, India, 2013. Soft cover. Condition: New. In Work it Out Without a Workout veteran health expert Vesna P. Jacob breaks these myths and shows you how there is NO EXCUSE for not being fit, healthy, and happy. From improving your posture to shedding extra flab without strenuous workout, you can achieve it all and that too without going to a gym. With easy to follow exercises, even while driving, travelling, or working, now you can look good while having fun at the same time. Page Extent: 392.



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Reviews

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