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# **Zen Martinoli**

Ying Liu

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Zen Martinoli's 5 Minute Fitness Zen Martinoli,2011-06-06 One of the most common excuses for not going to the gym is that there just isn t enough time to fit in a workout or it is just too expensive Now a busy life needn t be a barrier to exercising In this easy to follow book fitness trainer Zen Martinoli shows you how you can get a great workout in a fraction of the time you would spend at the gym What s more the workouts in this book can be performed anywhere and at any time with no cost involved Through from beginners training to intermediate up to advanced level Zen proves that short intense workouts are just as if not more effective than long gym sessions Brief intense periods of activity will metabolise fat increase levels of fitness and reduce stress levels And with shorter workouts the return on your investment is so much greater

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