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Pete Cerqua, Alisa  
Bowman (ISBN:  
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## The 90 Second Solution

Fitness Solution is basically very simple. It is a strength training program working with larger groups of muscles (like your whole body) compared to individual/isolated muscles when doing for example weights training.

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compared to

individual/isolated

muscles when doing

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for example weights  
training. And it  
focuses on isometric  
exercises (the joint  
angle and the muscle  
length do not  
change)holding your  
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The 90 Second  
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Fitness Solution

Author: Pete Cerqua

Publisher: Simon and

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Schuster ISBN: 1416566511

Size: 24.30 MB

Format: PDF

Category :  
Health & Fitness

Languages : en

Pages : 256

View: 6437

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Description: Outlines

an exercise program

for women that

features a fifteen-

minute daily regimen

designed to



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Cerqua's 90 Second  
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program does take  
only 90 seconds.  
Keep your clock  
nearby and time it.

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This works. So many of us want to get 'fit' but the thought of driving to the gym and working out for a half hour, then having to shower and dress loses its appeal after awhile.

Ebook Pete  
90Second Fitness  
Solution. Stay strong;  
stay our of a ...  
With the 90-Second

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**Fitness Solution** you will: Drop a dress size and tighten your belt one notch in eight weeks. If you currently suffer from joint pain or back pain, you can expect your pain to resolve within this period of time.

The 90-Second  
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Most Time-Efficient...

Renowned New York  
fitness trainer Pete

Cerqua's answer is  
startling: 15 minutes  
of exercise a week.

Pete's revolutionary  
strength-training plan  
includes only the most

efficient exercises,  
which each last 90  
seconds but

powerfully accelerate  
your metabolism.

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Revolution for Men.

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strength, health and

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next level in less time

than you ever thought

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getting stronger every

... Workout Ever

The 90-Second  
Fitness Solution is a  
time-efficient and time-  
saving workout

created by fitness  
trainer Pete Cerqua.

Cerqua's 90-Second  
Fitness Solution  
challenges anyone

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who has ever said  
that they have no time  
to exercise.

90-Second Fitness  
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With the 90-Second  
Fitness Solution you  
will: Drop a dress size  
and tighten your belt  
one notch in eight  
weeks. If you  
currently suffer from  
joint pain or back

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pain, you can expect  
your pain to resolve  
within this period of  
time. Firm your body  
and burn fat with as  
few as fifteen weekly  
minutes of exercise.

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Book by Pete Cerqua  
Cerqua  
...

Don't have time for a  
long workout?

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Cerqua's plans range from three to 12 minutes; his premise is that holding a position, or slowing a rep so it takes 90 seconds, intensifies the challenge.

Standout Section  
Cerqua provides a synopsis for the text-heavy chapters so you can get the main points in a snap. Eye

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