

<<6Minute Morning晨练6分钟>>

图书基本信息

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内容概要

Get fit and easily work it into your busy day with this great guide to quick workouts. The 6 Minute Morning Workout is divided into four handy parts so that you can choose to concentrate on all-over toning, stretching your muscles, working on your hips and thighs or developing the perfect flat stomach.

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书籍目录

INTRODUCTION WARM UP/COOL DOWN STRETCHING BODY TONING FLAT STOMACH HIPS AND THIGHS INDEX  
warm up/cool dow Waist twist Hip circles Forward bend Side bends Knee bends  
Marching Leg swings Standing knee lift Standing leg circles Standing quad stretch Standing hamstring stretch Leg lift and cross Lying full body stretch Hip and thigh stretch Standing full body stretch Knee hug stretching  
ntroduction Seated hamstring stretch Inner thigh stretch Hip flexor stretch Quadriceps stretch Touch the floor Deep lunge Piriformis stretch Seated gluteal stretch Cross and dip Bend and stretch Runner's calf stretch Push-off calf stretch Soleus stretch Point and flex stretch Push down Up and over Twist Full body stretch Oblique stretch Hip mobilization Easy chest stretch Front-lying chest lift Shoulder stretch Pec stretch Inner arm stretch Bicep stretch Tricep stretch Seashell stretch Upper back stretch Knee squeezes Lower back stretch Waist and lower spine Cat stretch Neck stretches Two-week plan body toning flat stomach hips and thighs

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