



The Armchair Athlete: Fitness for Baby Boomers and Other Rebels

Thomas Denes

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Reclaim your youthful body by using a new, engaging and yet simple fitness book, The Armchair Athlete: Fitness for Baby Boomers and Other Rebels from Ancient Mariner Aquatics, Inc. The book is targeted at the sedentary who are realizing that they have spent too much time sitting on the couch as well as Baby Boomers who are ready to start exercising or want to take their fitness programs to the next level. The unique book is designed with pages that are cut into three segments —the first containing a flexibility exercise, the second a strength exercise, and the third an endurance exercise. The pages can be mixed and matched to yield more than 8,000 workouts. The book also gives exercises at three levels of difficulty, from beginner, to intermediate, to advanced, to fit any exerciser's lifestyle. The book is written in an amusing and irreverent style to keep the reader's interest.



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