

**ENERGIZING
ISOMETRICS**

**TOTAL BODY
WORKOUT IN ONLY
5 MINUTES A DAY!**

**WRITTEN BY
DR. V. DENARD, NUTRITIONAL CONSULTANT**

**ENERGIZING
ISOMETRICS**

**TOTAL BODY
WORKOUT IN ONLY
5 MINUTES A DAY!**

Energizing Isometrics

G Psacharopoulos



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