



Absolute Body Power: A Total Circuit Training and Aerobic Workout (With DVD)

By Alan Harris

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The only workout that combines the best elements of all the newest fitness trends.

With weight-consciousness rising every day, Americans are turning to a variety of new trends to stay trim and healthy. Everyone has a different idea about what type of exercise is best for your health and fitness. Some swear by Pilates and yoga, others go with classic weight training. Some routines focus on building a firmer physique, while others work on less aesthetic goals, such as strengthening your joints or improving your heart rate. With so many routines out there, choosing an exercise regimen can be the hardest part of getting in shape.

Absolute Body Power makes the decision easier by combining the best elements of the newest exercise trends to create a blend of fitness that will work for almost everybody. Based on the bestselling *Absolute Body Power* and *Total Circuit Training* workout videos, this new book gives you a simple yet powerful plan to maximize the benefits of aerobics, strength training, yoga, and Pilates. Including two easy-to-follow workouts on one deluxe 40-minute DVD, getting in shape couldn't be easier.

Exercising is not the only element of healthy living. *Absolute Body Power* also gives you a healthy eating plan and an interactive fitness journal to help you keep track of your progress, empowering you with the fundamentals of a fit and healthy lifestyle. 200 photos; 40-minute DVD included.

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Editorial Review

About the Author

Host of *The Absolute Body Power Show* on cable TV, **Alan Harris** is an AFAA-certified trainer and fitness consultant who has worked with corporations such as AT&T and Weight Watchers. He has hosted *Interstitials with Alan Harris* on the Discovery Health Channel and has created the bestselling *Absolute Body Power Total Mind, Body Workout and Total Circuit Training Total Mind and Body Workout* DVD series. He lives in Silver Spring, Maryland.

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