



The Little Book of Big Workouts: A Revolutionary Approach to Fitness

By Damien Kelly

Wilkinson Publishing. Paperback. Book Condition: new. BRAND NEW, The Little Book of Big Workouts: A Revolutionary Approach to Fitness, Damien Kelly, Just because you're exercising doesn't mean you're working out! Why do so many people slog away at the gym getting nowhere? It's simple; they're not doing effective workouts! "I like to compare a workout to a work of art," says Damien Kelly, one of Australia's top fitness programmers. "A good artwork is not just paint thrown on the canvas with no thought, emotion or skill. Just as a workout is not a bunch of exercises thrown together with no thought, emotion or skill .a workout should have balance, intrigue, excitement and maybe even a touch of fear. Every day, people waste their time and hard efforts by doing a random bunch of exercises that in isolations are okay but that just don't work together to give maximum benefit." In The Little Book of Big Workouts, Damien gives you 31 bespoke workouts to maximise your fitness fast. His unique fitness programs are challenging but achievable for all levels of fitness.



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