



The Complete Guide to Airport Exercise (Paperback)

By Ken Anthony Seifert

Ken Seifert, 2017. Paperback. Condition: New. Language: English . Brand New Book. Tired of wasting time during long layovers at the airport? Wish you had more hours in a day to exercise? This book will change your life.or at least your waistline! The Complete Guide to Airport Exercise is a revolutionary, first-of-its-kind manual on how to turn every day airports into workout opportunities for anyone, regardless of age, sex, or fitness level. Providing complete information and diagrams on various cardio programs and upper body workouts, this exciting book fuses humor with practical tips on how to work out the entire body for some major calorie-burning. For relatively little hassle and investment, readers will learn how to set goals and stick to exercise plans, regardless of the flight itinerary. More, readers gain valuable information on how to prepare and pack for airport-exercising, receiving tips for using every-day objects to create exciting and dynamic exercise programs. No other book provides beginning-to-end instructions for airport-exercising, including a comprehensive section on hygiene and clean-up as well as recommendations for dealing with the extra attention from nearby passengers. The Complete Guide to Airport Exercise has been heralded by international business travelers, news journalists, airline crew,...



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