



THE **FITNESS** **PROFESSIONAL'S** MANUAL



THIRD EDITION

Fitness Manual Neta

Jin-Ying Zhang



Fitness Manual Neta:

Bed Aerobics Fitness Flow Monifa Maat, 2013-08-23 This latest edition measures 8 5 by 11 inches 215 9 mm x 279 4 mm Printed in Full Color Glossy Paper which makes the eighty 80 beautiful images and graphics appear more vibrant and visually appealing Through her personal story Monifa Maat shares a powerful workout routine that combines deep stretches and muscle toning calisthenics to improve flexibility build strength and burn fat all from the convenience and privacy of your very own bed The Bed Aerobic Fitness Flow or BAFF as it is called for short is an 18 step series of calisthenic and flexibility exercises linked in a smooth continuous flow of movements pairing powerful biblical based affirmations referred to as pillow quotes with each step to reinforce the role faith plays in pursuing a fit and healthy lifestyle Included in the routine is an invigorating facial muscle exercise and brief meditation for total body mind and spirit rejuvenation BAFF may also assist people recovering from certain injuries or undergoing various degrees of physical therapy that want to gradually build their fitness or flexibility levels Best of all BAFF is a no excuses home fitness routine people of all ages sizes and fitness levels can incorporate into their daily lives with ease Bed Aerobic Fitness Flow E book is available through [www Xlibris com](http://www.Xlibris.com) For more information please visit [www TheHealthyMotivator com](http://www.TheHealthyMotivator.com) **Encyclopedia of Associations** ,2006-12 **Extraordinary**

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