

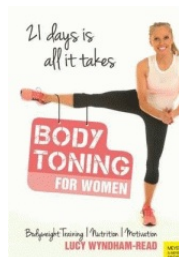
Get Moving! Some inspiration to help you get off the couch

Books, videos and streaming media

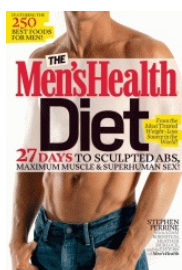
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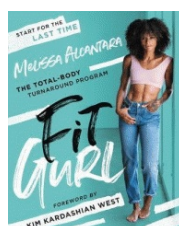
The men's health big book of 15 minute workouts / [by Selene Yeager and the editors of Men's Health].
Yeager, Selene.



Body toning for women / Lucy Wyndham-Read.
Wyndham-Read, Lucy, author.

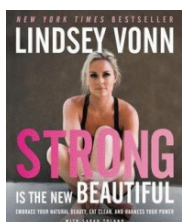


The men's health diet : 27 days to sculpted abs, maximum muscle & superhuman sex! / Stephen Perrine ; with Adam Bornstein, Heather Hurlock ; and the editors of Men's



Fit gurl : the total-body turnaround program / Melissa Alcantara ; foreword by Kim Kardashian West.
Alcantara, Melissa, author.

Health.
Perrine, Stephen.



Strong is the new beautiful : embrace your natural beauty, eat clean, and harness your power / Lindsey Vonn and Sarah Toland.



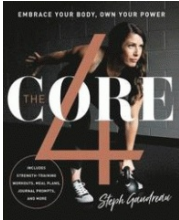
Your ultimate body transformation plan : get into the best shape of your life in just 12 weeks / Nick Mitchell.
Mitchell, Nick (Personal trainer), author.

Vonn, Lindsey, author.

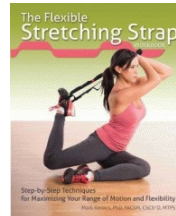
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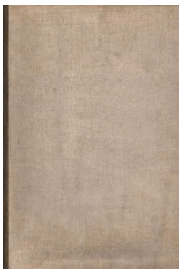
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The core 4 : embrace your body, own your power / Stephanie Gaudreau.
Gaudreau, Stephanie, author.



The flexible stretching strap workbook : step-by-step techniques for maximizing your range of motion and flexibility / Mark Kovacs.
Kovacs, Mark, author.



Essentials of Strength Training. Episode 2, How Strength Training Benefits Your Body.



Jane Fonda's Complete Workout.