



Training for Life: Walk Your Way to Fitness and Weight Loss in 14 Days

Debbie Rocker, Laura Tucker

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Celebrity fitness trainer Debbie Rocker is one of the original developers of Spinning, the international fitness phenomenon, and a world record holder in cycling. In TRAINING FOR LIFE, Rocker shows readers how to use walking, the body's most natural form of exercise, to achieve total transformation in a mere two weeks. She presents her personalized fitness philosophy in a 14-day program that includes walking basics, dietary recommendations, and additional upper body workouts that tone muscles, build bone density, and speed weight loss. Readers will discover how they can build confidence, attain total fitness, and train their minds to think of exercise and eating right as fulfilling, important parts of life.

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