



## 15 Minute Stretching Workout + DVD

*Suzanne Martin*

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# 15 Minute Stretching Workout + DVD

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## **15 Minute Stretching Workout + DVD** Suzanne Martin

No time to exercise? No problem! With fold-out exercise charts and an exercise DVD, the 15-Minute Fitness Series gives readers everything they need to squeeze regular exercise sessions into even the most hectic day. Stretching is one of the most important-and most neglected-components of every workout. With the *15 Minute Stretching Workout* you can learn to stretch like a pro!

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