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# Cutting Corners: Incorporating Exercise into Your Everyday Life

*Jason Raffensperger*

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**Cutting Corners: Incorporating Exercise into Your Everyday Life** Jason Raffensperger
"Cutting Corners" is a revolutionary exercise program that helps burn calories and lose weight while toning your body…without the use of weights, machines or trainers! These simple, but innovative techniques consist of high repetition, low-resistance movements that you can literally do anywhere, anytime, throughout your day!

Never again will exercise take time away from your family, friends or hobbies as "Cutting Corners" teaches you the quickest, easiest techniques for toning, building muscle and burning fat!

From exercises as simple as jumping jacks, to more advanced techniques, "Cutting Corners" proves that getting into shape is not as difficult or time-consuming as you thought. Learn to exercise at your convenience throughout the day, and keep it new and exciting with limitless combinations.

Master essential warm up / stretching techniques in conjunction with a myriad simple yet effective, full-body toning and strengthening exercises. Learn tips and techniques for replacing unhealthy habits with healthy ones as you exercise during commercial breaks, at the doctor's waiting room, while on the phone…or anywhere you see fit! It's that simple!

Each exercise takes less than a minute and after the first 30 days, they will become second nature. With "Cutting Corners" you'll discover that you can have your cake and eat it too!

ABOUT THE AUTOHR

Jason Raffensperger is a father and husband who uses his life experiences from being an overweight youth to an anorexic young man in "Cutting Corners". Now a healthy and fit adult, Jason shares his secrets in Cutting Corners to help you balance a healthy lifestyle and a family. He created many of the innovative and unique exercises from a loose blend of his martial arts, weight training, and physical therapy.

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Cutting Corners: Incorporating Exercise into Your Everyday Life can be one of your starter books that are good idea. Most of us recommend that straight away because this publication has good vocabulary that can increase your knowledge in language, easy to understand, bit entertaining but nonetheless delivering the information. The author giving his/her effort to get every word into satisfaction arrangement in writing Cutting Corners: Incorporating Exercise into Your Everyday Life although doesn't forget the main place, giving the reader the hottest and based confirm resource information that maybe you can be certainly one of it. This great information could drawn you into brand new stage of crucial thinking.

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