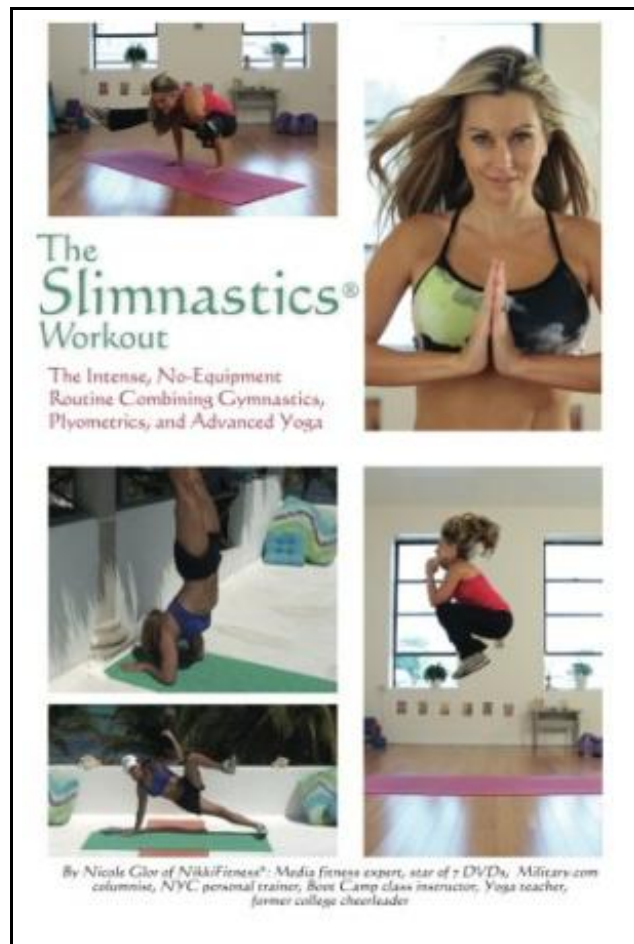


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THE SLIMNASTICS WORKOUT: THE INTENSE, NO-EQUIPMENT ROUTINE COMBINING GYMNASTICS, PLYOMETRICS, AND ADVANCED YOGA (PAPERBACK)



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Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.The NikkiFitness Slimnastics workout is boot camp meets yoga - but keep your sneakers on, you are going to need them! The Slimnastics Workout combines cheerleading and gymnastics-style balancing, strength and cardio moves with yoga-based toning that requires no equipment other than your body weight. Plyometric cardio intervals cut workout time and boost metabolism. There is also a Slimnastics DVD you can buy if you d like a workout buddy at NikkiFitness recreated the intense workout she achieved doing cardio jumping routines and the toning from pyramids and partner stunting in college cheerleading, with what she learned as a Yogi, boot camp trainer and group fitness instructor in Manhattan - the fitness mecca. Slimnastics starts with an inspirational story that convinces people to work out because they can, and that their new fitness life starts today. Nikki provides personal fitness struggles and tips on how to get Slimnastics-ready, through push-up practice, cardio intervals, and multitasking. Next she leads the reader/viewer into a workout for warriors with moon and sun salutations, then standing balance poses, plyometric gymnastic-inspired cardio intervals, and arm balance poses that build upper body strength. Slimnastics slims and sculpts you into a chiseled and healthy body. The mind will love that it only takes 30 minutes to do. Each chapter is broken down into 2-3 toning moves with a one-minute cardio interval, with photos of each move. Nikki even reveals one magic combo move that does it all: cardio and total-body toning. If you only have time or memory for one move all day, wherever you are, this does it all. The final chapter on Exercising Your Soul completes workout for the mind, body and spirit.

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