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The 90-Second Fitness Solution: The
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The 90 Second Fitness Solution is
basically very simple. It is a strength
training program working with larger
groups of muscles (like “ your whole
body ”) compared to
individual/isolated muscles when
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The 90 Second Fitness Solution is basically very simple. It is a strength training program working with larger groups of muscles (like “ your whole body ”) compared to individual/isolated muscles when doing for example weights training. And it focuses on isometric exercises (the joint angle and the muscle length do not change)holding your ...

The 90 Second Fitness Solution | Fitness Solution

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Keep your clock nearby and time it. This works. So many of us want to get 'fit' but the thought of driving to the gym and working out for a half hour, then having to shower and dress loses its appeal after awhile.

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With the 90-Second Fitness Solution you will: Drop a dress size and tighten your belt one notch in eight weeks. If you currently suffer from joint pain or back pain, you can expect your pain to resolve within this period of time.

The 90-Second Fitness Solution: The Most Time-Efficient ...

Renowned New York fitness trainer Pete Cerqua's answer is startling: 15 minutes of exercise a week. Pete's revolutionary strength-training plan

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includes only the most efficient exercises, which each last 90 seconds but powerfully accelerate your metabolism.

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The Books The 90-Second Fitness Solution. The High Intensity Fitness Revolution for Men. The High Intensity Fitness Revolution for Women. These books are a "must have" for those interested strength, health and longevity. Pete takes his workouts to the next level in less time than you ever thought possible. Locations.

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The 90-Second Fitness Solution is a time-efficient and time-saving

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workout created by fitness trainer Pete Cerqua. Cerqua's 90-Second Fitness Solution challenges anyone who has ever said that they have no time to exercise.

90-Second Fitness Solution - Diet Review

With the 90-Second Fitness Solution you will: Drop a dress size and tighten your belt one notch in eight weeks. If you currently suffer from joint pain or back pain, you can expect your pain to resolve within this period of time. Firm your body and burn fat with as few as fifteen weekly minutes of exercise.

The 90-Second Fitness Solution | Book by Pete Cerqua ...

Don't have time for a long workout? Cerqua's plans range from three to 12

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minutes; his premise is that holding a position, or slowing a rep so it takes 90 seconds, intensifies the challenge. Standout Section Cerqua provides a synopsis for the text-heavy chapters so you can get the main points in a snap. Eye Opener

The 90-Second Fitness Solution by
Pete Cerqua

Renowned New York fitness trainer Pete Cerqua's answer is startling: 15 minutes of exercise a week. Pete's revolutionary strength-training plan includes only the most efficient exercises, which each last 90 seconds but powerfully accelerate your metabolism.

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