



## Exercise Equipment: Selecting the Best for Cardio Workouts (Paperback)

By Barry Cromer

Speedy Publishing LLC, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.It has been determined that cardio workouts are best for you but how do you decide which equipment is best to purchase for your home gym. Exercise Equipment: Selecting the Best for Cardio Workouts provides all of that information and more. The reader gets the opportunity to learn all about the various categories of cardio exercise equipment that is out on the market and also learns what functions the main categories have. Cardio exercises can be done by anyone, even the elderly and that is focused on in the book. This form of exercises is a great way to speed up the heart rate, increase the supply of oxygen in the bloodstream and also to burn off excess calories.



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