



## The 12-minute strength and flexibility workout : a simple and time-efficient exercise plan for adults who do not like to lift weights /

Instructional films

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As individuals age, they tend to lose both strength and flexibility. In reality, while such a loss can be prevented by lifting weights on a regular basis, many adults have neither the time nor the interest to engage in traditional strength training. The 12-Minute Strength and Flexibility Workout: A Simple and Time-Efficient Exercise Plan for Adults Who Do Not Like to Lift Weights explains and demonstrates a workout that involves performing 24 reps of 17 different exercises and takes approximately 12 minutes to complete. The video is designed for individuals who want to maintain their ability to engage in daily activities of their life, rather than either becoming as strong as they can be or trying to sculpt their bodies

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**Título:** The 12-minute strength and flexibility workout : a simple and time-efficient exercise plan for adults who do not like to lift weights [presented by] Ed Zaunbrecher ; [produced by] Coaches Choice ; [produced by] Monterey Bay Video Production Company

**Editorial:** Monterey, CA Coaches Choice 2013

**Descripción física:** 1 online resource (41 minutes)

**Duración:** 004108

**Nota general:** Title from resource description page (viewed August 25, 2017)

**Lengua:** In English

**Materia:** Physical education and training Exercise Physical fitness

**Entidades:** Coaches Choice production company Monterey Bay Video Production Co. production company

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