



The Free Weight Workout Deck- For Women. The Pocket Personal Trainer. By Eduardo Dias

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No more big, bulky books! The Workout Deck: The new, easy way to learn how to exercise. A deck of cards-just like a regular deck of playing cards- with three complete workouts: Beginner, Intermediate, and Advanced. The only equipment you need is a pair of adjustable dumbbells (or dumbbell sets if you are working out at a gym). The workouts can be done just twice a week, for an average of 30 minutes! The perfect workout for home or gym. Comes with a ring to keep the cards together. You choose your workout, clip it together, and go.

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