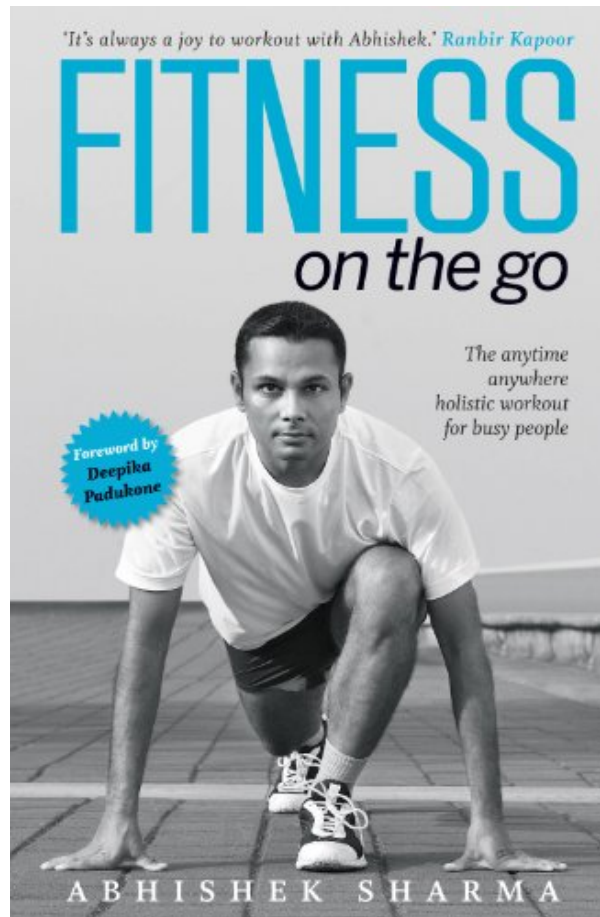


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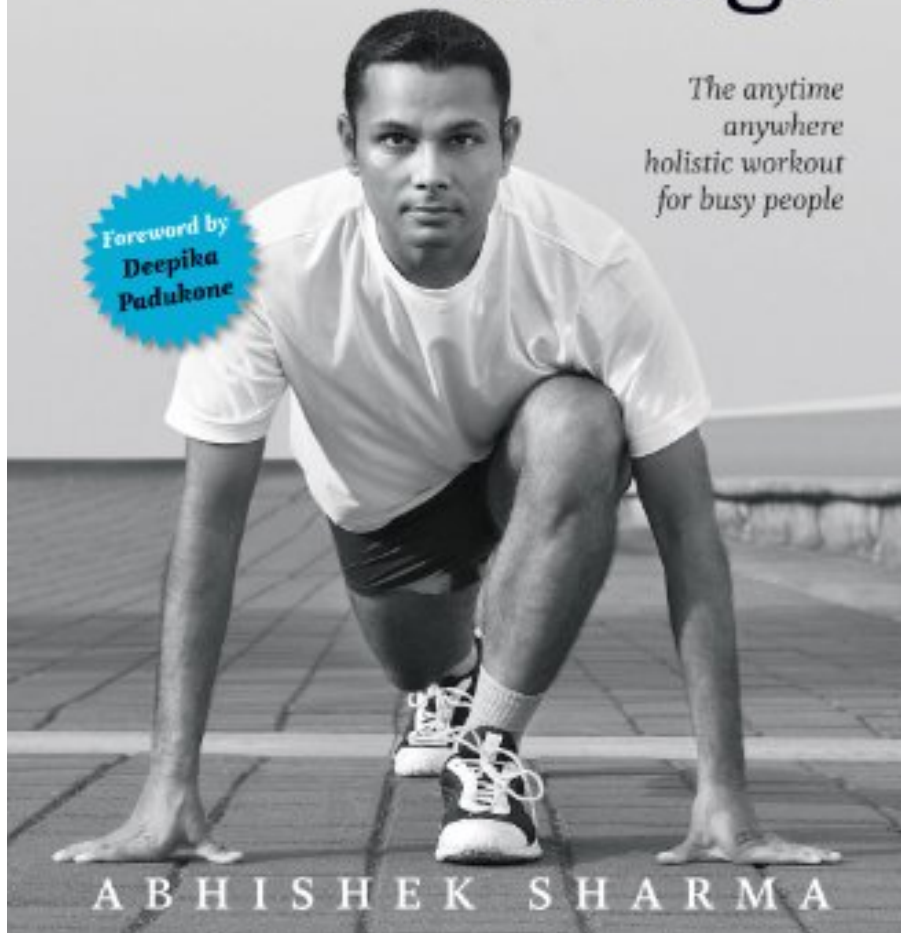
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By Rajiv Chopra

I like this book. It is simple enough. The drawings are good, as is the advice. There is nothing that is new for me in the book. Many of the exercises have been taken from yoga.

It may be good for someone who has never exercised in his life. However, i would have preferred something that was a little more in-depth than a smattering of advice, and exercises

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A fantastic fitness guide for the busy executive

By Balaji Reddipalli

I have benefitted tremendously from following the fitness advice given in this book - I started with a paperback and now have the kindle edition which makes it portable wherever I go.

This book has very simple and easy to follow instructions - the stretching exercises have become part of my routine. I am getting into Yoga now.

If you have 20-25 minutes everyday to spend on fitness, this is definitely the go-to book. If you have more time, then there are enough exercise to keep you engaged as well.

I like some of the habits recommended - like drinking water on waking up which cleanses your system - and I am making them part of my daily routine.

Kudos to Abhishek Sharma for this fantastic book !

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Great book for Indian youth as well for middle age.

By R.SRINIVAS

This book is really worth more than the money you pay if you are serious about fitness, this is the only Indian good book I could find about fitness.

Not tried yoga as I would prefer going to yoga classes or better to learn under Yoga Guru for some time & then practice at home with the help of video cd's.

Before buying this book I was going for brisk walk but now I am able to jog bare foot. I would request Mr.Abhishek Sharma to translate this book into as many Indian languages so that this can benefit our youth.

I would like to thank Abhishek Sharma for enhancing my fitness confidence.

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