

Morning Yoga Workouts

Asanas and vinyasas
for more focused
a.m. sessions



Zack Kurland

Good Morning

The *Morning Workout* books are packed with information, advice, tips and more. You know that exercising in the morning is the best way to exercise regularly, manage weight, and pro-

Morning Pilates Workouts

Enhance morning workouts
with programs for every schedule
and lifestyle

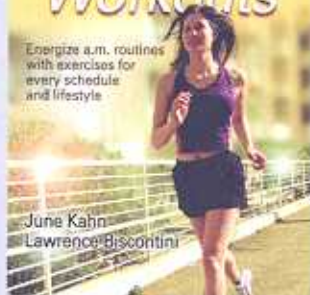


Cathleen Murakami

vide a strong start to your day. *Morning Workouts* describe how to maximize the benefits of your early-day exercises no matter what your energy level is or how much time you have to spare. You can tailor the

Morning Cardio Workouts

Energize a.m. routines
with exercises for
every schedule
and lifestyle



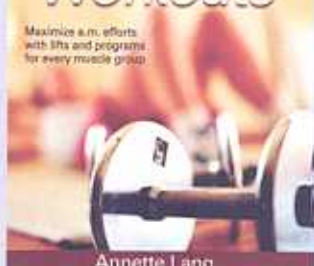
June Kahn
Lawrence Biscontini

workouts to your own lifestyle and time. The books also make ideal gifts.

Select from *Morning Cardio Workouts* by June Kahn and Lawrence Biscontini, *Morning Pilates Workouts* by Catleen

Morning Strength Workouts

Maximize a.m. efforts
with lifts and programs
for every muscle group



Annette Lang

Murakami, *Morning Strength Workouts* by Annette Lang or *Morning Yoga Workouts* by Zack Kurland.

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