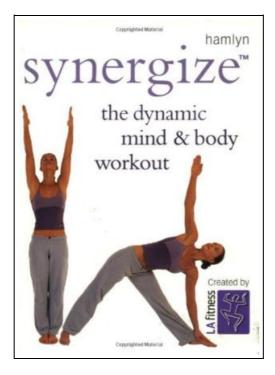
# Synergize: The Dynamic Mind and Body Workout (Paperback)



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## Reviews

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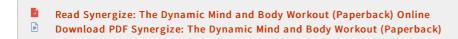
(Mrs. Serena Wunsch)

### SYNERGIZE: THE DYNAMIC MIND AND BODY WORKOUT (PAPERBACK)



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Octopus Publishing Group, United Kingdom, 2003. Paperback. Condition: New. Brand New Book. Devised by leading experts from LA Fitness, Synergize is a programme which combines the positive effects of yoga, Pilates and tai chi breathing with strength training and ballet, plus relaxation routines to nourish the whole body. The programme allows the mind and body to work together to make you slimmer, fitter and healthier, and improve concentration levels in as little as 15 minutes a day. It should also help to improve posture, balance and flexibility, increase muscular strength and relieve stress, aches and pains. Routines are included for the home and the workplace, and the programme should be suitable for all ages and levels of fitness.



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