

The background of the cover features a pair of brown leather shoes on a wooden floor. The floor is composed of dark wood planks, and there are several white, torn-paper-like cutouts. Two cutouts are positioned behind the shoes, and two more are positioned behind the author's name at the bottom. The entire cover is framed by a red border.

CUBICLE

CARDIO

ONE MINUTE WORKOUT PRINCIPLES

BRIAN SHELL

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Brian Shell

## Cubicle Cardio



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Incorporate the Cubicle Aerobic exercise philosophy into your weight-loss routine to employ a more mindful approach to working out all during the day. It creates even more momentum and encourages a larger degree of exercise efficiency for individuals who cannot find enough time to chisel an extended workout into each day. It utilizes sixty one-minute mini-workouts each day so that your rate of metabolism becomes like a windmill that is consistently spinning instead of just spinning it once for one hour at a gym and then having your rate of metabolism sit stagnant the rest of the day. Thus, you develop a healthier lifestyle by keeping up with your daily workout consistency. It also encourages maintenance of daily momentum since a body that's in motion tends to stay in motion.



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It was a waste of my money... Its great if you just want "go for it" 'just do it" nonetheless it doesnt offer you any exercises, or suggestions of things you can do while sitting in a desk seat all day.Its great if you just want "go for it" 'just do .



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