



Super Body, Super Brain: The Workout That Does It All

Michael Gonzalez-Wallace

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Sharpen your mind and get in shape at the same time, with an innovative new workout stimulating multiple areas of the brain as it strengthens and tones the entire body. Acclaimed sports trainer Michael Gonzalez-Wallace (*O* magazine's "go-to guy" for anything about the body) shows readers a daily ten-minute workout that optimizes muscle power while boosting brain activity—training the brain by training the body.

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