



# Couples Workout: Train Together, Stay Together

*Eric Newman*

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## **Couples Workout: Train Together, Stay Together** Eric Newman

Couples Who Sweat Together Stay Together Working out with your partner will give your body and sex life a boost. Quit sitting on the couch watching tv and spend some quality time together working out. Research shows couples stick with their fitness programs when they work out together. By motivating each other to get up and go, you'll not only shake up your usual routine, you'll be learning moves together and sharing a new experience. How It Works Let us guide you through the best couples exercise program ever developed. No more thinking about what you're going to do ever again. We tell you exactly what to all while giving you instructions for each exercise with detailed text and numerous images to make sure you and your partner know exactly what you are doing. Couple Workout contains preset warm ups and partner workouts that build strong couples, both physically and emotionally. We've innovated over 50 unique and fun couple exercises. Fitness expert and author Eric Newman says couples who work out together tend stay together and offers his favorite couples workout that will not only pump up your fitness but also strengthen your relationship. Features: •Comprehensive book packed with life changing info •Five Pre-set couples workouts developed by a certified strength and conditioning specialist •Exercise Index containing over 50 Couples exercise, complete with instructional photos that explain each exercise in detail •Nutritional Guide

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