



## Home Workout

(Includes a 90-Minute DVD)

Not a fan of the gym? Looking for a fast and effective exercise program that gives real results? No problem...

DK's **Home Workout** (January 2010; \$24.95, 384 pages) provides a complete home-fitness package with a choice of 20 different workouts and features Joan Pagano's popular strength training and abdominal routines. The book offers a compilation of the best routines from DK's series of 15-minute workouts, an entirely new package in home exercising.

You can choose full-body workouts to tone up, burn calories and stay strong, as well as core training routines to sculpt your midsection, flatten your belly and narrow your waist. In addition, **Home Workout** offers programs for yoga, Pilates and back strengthening.

With a team of authors acknowledged as experts in their fields, readers can rest assured that each workout has been carefully formulated to give maximum results in minimal time.

According to Joan Pagano, "Exercising for just 15 minutes a day is an investment that will serve our bodies for life. Brief doses of exercise done consistently over time yield dramatic benefits in health and fitness. Not only does it reduce the risk of developing diseases such as diabetes and hypertension, but it also allows us to shed excess weight and keep muscle tone and flexibility."

**Home Workout** gives you the tools you need for a successful fitness program: Easy-to-follow 15-minute routines can fit into any busy schedule. Exercises depicted with simple captions and color photos provide a step-by-step guide to each workout sequence. The 90-minute live-action DVD demonstrates key routines from the book to ensure that you are working efficiently and effectively.

Now there are no more excuses --- it's time to get moving!

**For review copies and interview requests, please contact  
Mindy Fichter at 646-674-4042 or, by email, [melinda.fichter@dk.com](mailto:melinda.fichter@dk.com)**

Other books by Joan Pagano:  
*15 Minute Abs Workout + DVD* (2009, 128 pages, \$17.95)  
*15 Minute Total Body Workout + DVD* (2008, 128 pages, \$17.95)  
*Strength Training for Women* (2005, 160 pages, \$15.00)