

Wii Fitness For Dummies

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Wii Remote: Obliques: Pelvic Thrust: Balance Board: Glutes, Abdominals: Push-Up: Balance Board: Chest, Triceps, Shoulders: Running: Wii Remote: Cardiovascular System: Side Lunge: Wii Remote: Quadriceps, Glutes: Side Plank: Balance Board: Core: Sledge Swing: Wii Remote: Quadriceps, Glutes, Anterior Deltoids: Squat Jacks: Wii Remote: Cardiovascular System, Quadriceps, Glutes: Swing Kick

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Health & Fitness/Exercise Go to Dummies.com® for videos, step-by-step examples, how-to articles, or to shop! Have fun while getting fit! Here's how to get the most from your Wii Fitness system It's a perfect fit — Wii gaming fun designed to improve your overall health and fitness! The advice of these two personal trainers makes it even better.

Wii Fitness For Dummies - The Eye

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Wii Fitness For Dummies Make the most of the Nintendo Wii fitness options with this in-depth look at Wii Fit Plus , EA Sports Active: Personal Trainer , and Jillian Michaels Fitness Ultimatum 2010 , all with an eye towards safety, efficiency, and maximizing benefits.

How To Make: Wii Fitness For Dummies

* Wii Fit Plus and EA Sports Active feature different fitness games that focus on losing weight, achieving balance and building strength * An author duo of Certified Personal Trainers guide you through combining the fun, interactive aspect of Wii fitness with traditional fitness activities * More than 100 color screen shots serve as helpful examples for performing the routines safely and effectively Using this instructional and innovative book, you'll be fit with your Wii!

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"Wii Fitness for Dummies" covers three fitness games for the Wii: Wii Fit Plus, EA Sports Active: Personal Trainer, and Jillian Michaels Fitness Ultimatum 2010. The book tells users how to get started in each game including setting up your fitness profile, the various challenges in each game, and how to perform the exercises.

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Wii For Dummies shows you how to get the most from this fun family game system. This book shows you how to get physical with Wii Sports, turn game time into family time, make exercise fun with Wii Fit, and discover Wii's hidden talents, like displaying photos and browsing the Web.

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