

"For those who lack the time to exercise, this is the book for you!"  
- Covent Bailey, author of *Fit or Fat?*



# **The ULTIMATE GUIDE OF**

# **ONE-MINUTE WORKOUTS**

**for**

**Anyone, Anywhere,  
Anytime!**

Illustrations  
by  
John McGee

**Bonnie Nygard, M.Ed.  
& Bonnie Hopper, M.Ed.**

# Gotta Minute The Ultimate Guide Of 1 Minute Workouts For Anyone Anywhere Anytime

**Richard Bailey**



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