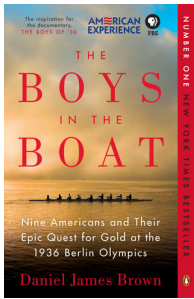


# At Home Fitness

## Spring Trends 2020



**The Boys in the Boat**  
Daniel James Brown  
978-0-14-312547-1 TR \$18  
Sports & Recreation  
Penguin Books  
May 27, 2014



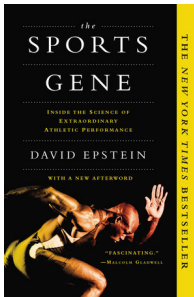
**The Men's Health Big Book of Exercises**  
Adam Campbell  
978-1-62336-841-8 TR \$26.99  
Health & Fitness  
Rodale Books  
October 25, 2016



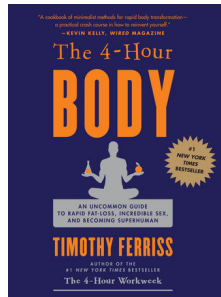
**The Women's Health Big Book of Exercises**  
Adam Campbell  
978-1-62336-843-2 TR \$26.99  
Health & Fitness  
Rodale Books  
October 25, 2016



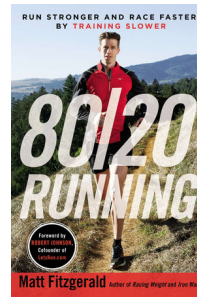
**The Men's Health Little Book of Exercises**  
By Adam Campbell, Fitness Director, Men's Health  
978-1-62336-551-6 TR \$17.99  
Health & Fitness  
Rodale Books  
World  
December 23, 2014



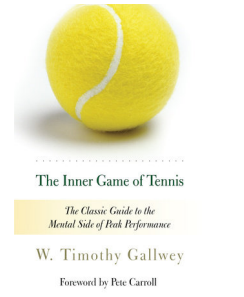
**The Sports Gene**  
David Epstein  
978-1-61723-012-7 TR \$18  
Sports & Recreation  
Portfolio  
April 29, 2014



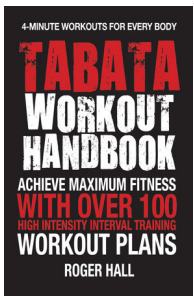
**The 4-Hour Body**  
Timothy Ferriss  
978-0-307-46363-0 HC \$28  
Health & Fitness  
Harmony  
December 14, 2010



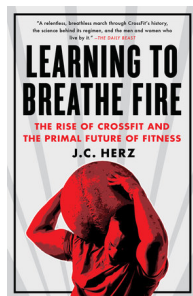
**80/20 Running**  
Matt Fitzgerald  
978-0-451-47088-1 TR \$17  
Sports & Recreation  
Berkeley  
World  
September 2, 2014



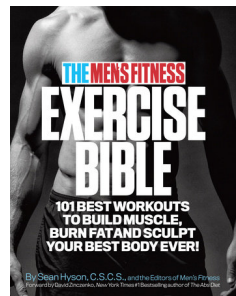
**The Inner Game of Tennis**  
W. Timothy Gallwey  
978-0-679-77831-8 TR \$17  
Sports & Recreation  
Random House Trade Paperbacks  
World  
May 27, 1997



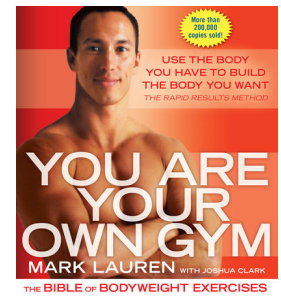
**Tabata Workout Handbook**  
Roger Hall  
978-1-57826-561-9 TR \$15  
Health & Fitness  
Hatherleigh Press  
World  
June 30, 2015



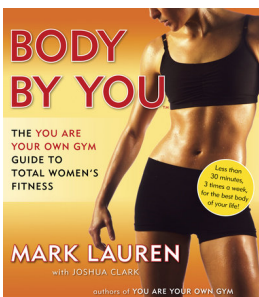
**Learning to Breathe Fire**  
J.C. Herz  
978-0-385-34889-8 TR \$16  
Health & Fitness  
Harmony  
June 2, 2015



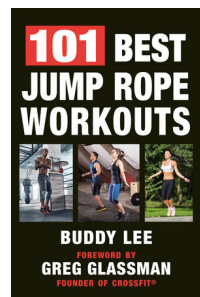
**The Men's Fitness Exercise Bible**  
Sean Hyson and the Editors of Men's Fitness  
978-0-9895940-1-1 TR \$27  
Health & Fitness  
Galvanized Books  
World  
December 31, 2013



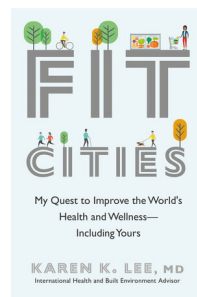
**You Are Your Own Gym**  
Mark Lauren with Joshua Clark  
978-0-345-52858-2 TR \$20  
Health & Fitness  
Ballantine Books  
January 4, 2011



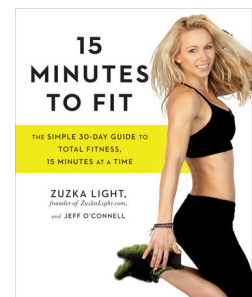
**Body by You**  
Mark Lauren with Joshua Clark  
978-0-345-52897-1 TR \$17  
Health & Fitness  
Ballantine Books  
World  
January 1, 2013



**101 Best Jump Rope Workouts**  
Buddy Lee; Foreword by Greg Glassman  
978-1-57826-736-1 TR \$15  
Health & Fitness  
Hatherleigh Press  
World  
November 29, 2018



**Fit Cities**  
Dr. Karen K. Lee  
978-0-385-68532-0 HC \$28.95  
Health & Fitness  
Doubleday Canada  
World  
January 7, 2020

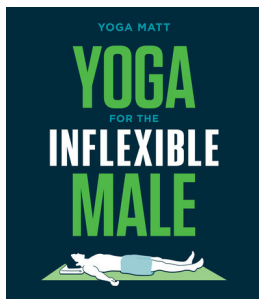


**15 Minutes to Fit: The Simple 30-Day Guide to Total Fitness, 15 Minutes At A Time**  
Zuzka Light, Jeff O'Connell  
978-1-58333-582-6 TR \$25  
Health & Fitness  
Avery  
World  
December 29, 2015

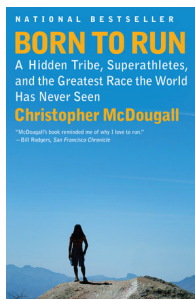


Penguin  
Random  
House

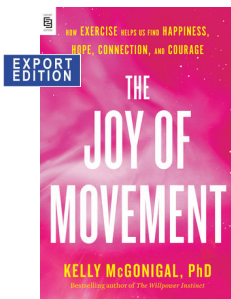
Penguin Random House International Sales USA 1745 Broadway, New York, NY 10019 USA  
internationalorders@penguinrandomhouse.com



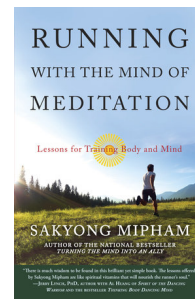
**Yoga for the Inflexible Male**  
Yoga Matt  
978-1-9848-5694-4 TR \$16  
Health & Fitness  
Ten Speed Press  
World  
November 19, 2019



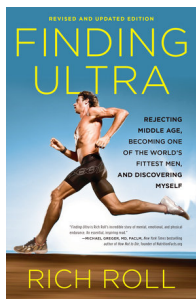
**Born to Run**  
Christopher McDougall  
978-0-307-27918-7 TR \$16.95  
Sports & Recreation  
Vintage  
March 29, 2011



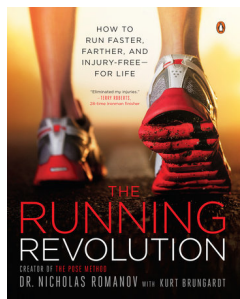
**The Joy of Movement: How exercise helps us find happiness...**  
Kelly McGonigal  
978-0-593-08744-2 Int'l C \$18  
Health & Fitness  
Avery  
World  
December 31, 2019



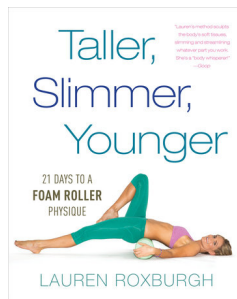
**Running with the Mind of Meditation**  
Sakyong Mipham  
978-0-307-88817-4 TR \$14  
Sports & Recreation  
Harmony  
World  
April 9, 2013



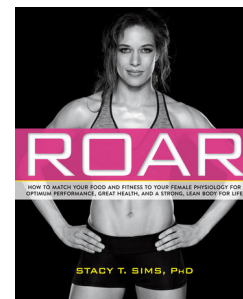
**Finding Ultra, Revised and Updated Edition**  
Rich Roll  
978-0-307-95220-2 TR \$17  
Sports & Recreation  
Harmony  
World  
May 21, 2013



**The Running Revolution**  
Dr. Nicholas Romanov with Kurt Brungardt  
978-0-14-312319-4 TR \$20  
Sports & Recreation  
Penguin Books  
World  
September 30, 2014



**Taller, Slimmer, Younger**  
Lauren Roxburgh  
978-1-101-88617-5 TR \$23  
Health & Fitness  
Ballantine Books  
February 2, 2016



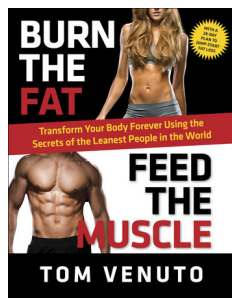
**ROAR**  
Stacy T. Sims, PhD  
978-1-62336-686-5 TR \$18.99  
Health & Fitness  
Rodale Books  
World  
July 5, 2016



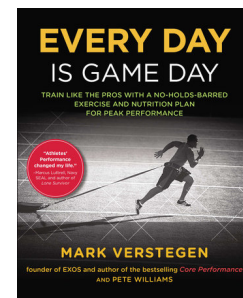
**Fit and Fabulous in 15 Minutes**  
Teresa Tapp with Barbara Smalley  
978-0-345-48404-8 TR \$24  
Health & Fitness  
Ballantine Books  
December 26, 2006



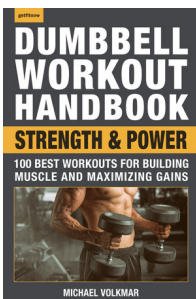
**Lose Weight Here**  
Jade Teta and Keoni Teta  
978-1-62336-785-5 TR \$16.99  
Health & Fitness  
Rodale Books  
World  
June 7, 2016



**Burn the Fat, Feed the Muscle**  
Tom Venuto  
978-0-8041-3784-3 HC \$28  
Health & Fitness  
Harmony  
December 10, 2013



**Every Day Is Game Day**  
Mark Verstegen  
978-1-58333-553-6 TR \$20  
Health & Fitness  
Avery  
World  
December 2, 2014



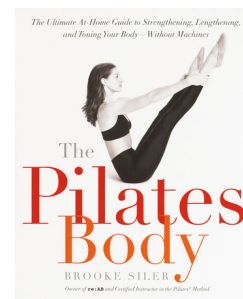
**Dumbbell Workout Handbook: Strength and Power**  
Michael Volkmar  
978-1-57826-774-3 TR \$15  
Health & Fitness  
Hatherleigh Press  
World  
July 30, 2019



**The Men's Health Big Book of 15-Minute Workouts**  
Selene Yeager and the editors of Men's Health  
978-1-60961-735-6 TR \$26.99  
Health & Fitness  
Rodale Books  
World  
October 25, 2011



**The Women's Health Big Book of Pilates**  
Brooke Siler  
978-1-62336-092-4 TR \$26.99  
Health & Fitness  
Rodale Books  
World  
October 22, 2013



**The Pilates Body**  
Brooke Siler  
978-0-7679-0396-7 TR \$18.95  
Health & Fitness  
Harmony  
January 4, 2000