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Fitness Guru Neila Rey developed the 30 Days of Change Fitness Challenge to motivate men and women to workout. Take Neila deliberately chose exercises that can
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Mar 17, 2015 Neila Rey is the author of 100 No-Equipment Workouts and the creator of visual, easy-to-follow workout routines. She has 10+ years of experience in running

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Neila rey (author of 100 no- equipment workouts)

Neila Rey is the author of 100 No-Equipment Workouts (4.45 avg rating, 20 ratings, 1 review, published 2013)

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Amazon.com: customer reviews: 100 no- equipment

An easy to follow guide to working out. Neila Rey has done a great job in putting together a variety of exercises and eliminating the need for special equipment that