

Executive Workout Travel Handbook

George Bosolet

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George Bosolet : Executive Workout Travel Handbook before purchasing it in order to gauge whether or not it would be worth my time, and all praised Executive Workout Travel Handbook:

6 of 8 people found the following review helpful. What are you packing in your briefcase?By adrian ramosExecutive Workout Travel Handbook helps to keep you lean and mean just like those glorious days in boot camp training. No fancy gyms, no expensive equipment just the basic old fashion pushup, situp, bending and stretching that can be done in the comfort of your home, office, or hotel. The author has discovered the way to achieve peak physical performance under confined quarters. Each exercise is illustrated and the instruction is tailored for maximum effectiveness. This high impact publication allows you to chart your progress and you can even gauge your potential against the national health standard. I recommend the Executive Workout to the busy executive who is conscious of his health and is not intimidated by packing a drill sergeant in his briefcase.1 of 1 people found the following review helpful. executive toilet paperBy kevinif you have ever had a gym, or physical ed class in high school, or college, then you are already steps ahead of the 'executive workout'.the book is extremely basic, and the second half is full of details, and phone numbers that most any executive would already have.

First, I would like to thank my family and friends who encouraged me to move forward with my dreams. The publication of this handbook brought me into contact with hundreds of business travelers in airports, hotel lobbies and in the streets. I listened to their recommendations and reviewed their surveys. Based on these surveys, my handbook was born. Assisted by a team of civilian and military "physical fitness" experts, I assembled a handbook that is lightweight and briefcase compatible. Just what the business traveler ordered! With more than twenty years of "physical fitness" experience while serving in the United States Marines, I have traveled worldwide and stayed in hotels from five stars to no stars and some stars were thousands of feet away (outdoors, a military green tent). Regardless of my living accommodations, I performed effective exercises to look and feel great. This handbook is recommended to those travelers who need to perform a few effective exercises before that important meeting or just to release some stress and with no equipment, just you in your underwear. However, time permitting, we encourage those travelers to use the hotel "wellness" facility. The handbook also contains the top "10" most favorite excuses, an advisor page, a heart rate chart, weight chart and other guides. The Internet directory in the back of the handbook is a

compilation of surveyed recommended web sites for business travelers. It contains airline links, hotel links, limos and more. The illustrated photographs were taken at the luxurious Waldorf=Astoria. (Courtesy of the Waldorf=Astoria). A special gift for that traveler. Se habla espanol.

About the AuthorGeorge, a retired Marine with an undergraduate degree in Business Management from SUNY, began his interviews in 1991 with business travelers on their needs for an effective "workout program" while traveling. Based on intensive surveyed interviews and assistance from experts in the field of "physical fitness," George developed a handbook. Married and proud Dad of four college educated "generation XYZ's" young adults (whom he consults with all the time) spends his time traveling with his lovely wife, Sonia. While traveling, he conducts surveys with business travelers. George enjoys golf, watches all sports and listens to classical and Latin/Jazz music. He is a huge fan of Marc Anthony (Salsa Star) while his wife listens to Luis Miguel. I guess it's a romantic thing.