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Get Fit in Bed: Tone Your Body & Calm Your Mind from the Comfort of Your Bed

Genie Tartell, Ted Kavanau

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As featured on the *TODAY Show.*

Here’s the fitness solution you’ve been waiting for: a workout designed to build strength, endurance and flexibility in a gentle way – right from your own bed. The series of forty-two exercises draw upon yoga, Pilates, karate, and stretching. The routines are easy to follow and grouped into three sections: exercises to be done lying on your back, sides, and stomach. Regular practice will tone muscles, increase strength and endurance, calm the mind, and, yes, even improve sleep. Each exercise is described in detail, fully-illustrated with step-by-step photographs, and accompanied by modifications for special conditions and limitations.

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