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Wii Remote: Obliques: Pelvic Thrust: Balance Board: Glutes, Abdominals: Push-Up: Balance Board: Chest, Triceps, Shoulders: Running: Wii Remote: Cardiovascular System: Side Lunge: Wii Remote: Quadriceps, Glutes: Side Plank: Balance Board: Core: Sledge Swing: Wii

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Wii Fitness For Dummies Make the most of the Nintendo Wii fitness options with this in-depth look at Wii Fit Plus , EA Sports Active: Personal Trainer , and Jillian Michaels Fitness Ultimatum 2010 , all with an eye towards safety, efficiency, and maximizing benefits.

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\* Wii Fit Plus and EA Sports



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Active feature different fitness games that focus on losing weight, achieving balance and building strength \* An author duo of Certified Personal Trainers guide you through combining the fun, interactive aspect of Wii fitness with traditional fitness activities \* More than 100 color screen shots serve as helpful examples for performing the routines safely and effectively Using this instructional and innovative book, you'll be fit with your Wii!

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Wii For Dummies shows you how to get the most from this fun family game system. This book shows you how to get physical with Wii Sports, turn game time into family time, make exercise fun with Wii Fit, and discover Wii's hidden talents, like displaying photos and browsing the Web.

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