

THE CATHOLIC WORKOUT

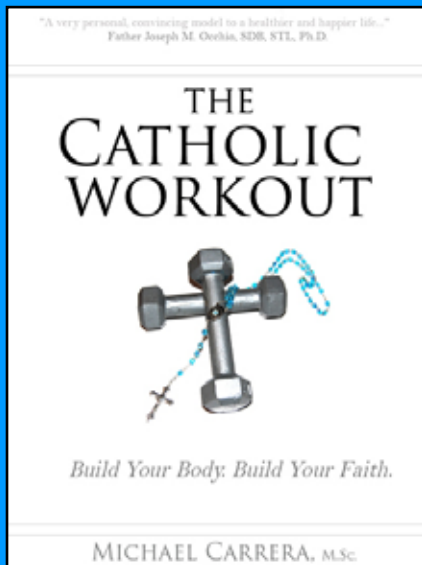


Build Your Body. Build Your Faith.

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Michael Carrera, personal trainer, has created an inspirational approach to building your body and building your faith through an easy-to-follow, yet effective workout program that pairs faith with fitness. His latest book, *The Catholic Workout*, combines an exercise routine with the rosary.

With the help of basic dumbbells, *The Catholic Workout* takes readers through five specific resistance exercises while meditating on the events of the Passion of the Christ. Essentially, *The Catholic Workout* meets all Christians, regardless of rite or tradition, at the foot of the cross by meditating on the life, death and resurrection of Christ.

"There are a lot of people out there who, like me, want to include prayer and fitness into their lives, but seem to struggle. Combining faith and fitness into a short routine is a body and spirit and in opening ourselves to the Lord." - *Michael Carrera*

The Catholic Workout is a must for anyone who is open to being surprised by the Holy Spirit- and improving their body.

