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## **News release**

Local writer and physician, Raymond Wu, The One Minute Workout: Build Fat-Burning Lean Muscle, Massive Strength, and Better Health in Just 60 Seconds A Day

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Men'sHealth - August 2010. Ratings: (0) For a workout that blasts fat in just 15 minutes, It s designed to build strength and muscle while helping you burn fat.

### **Raymond wu (author of fundamentals of high**

Raymond Wu is the author of Fundamentals of High Performance Wushu (5.00 avg rating, 3 ratings, 0 reviews, published 2007), The One Minute Workout (0.0 a

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