Punk Rock Aerobics: 75 Killer Moves, 50 Punk Classics, And 25 Reasons To Get Off Your Ass And Exercise

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With the publication of Punk Rock Aerobics, the Boston pair who have described on its jacket as comprising 75 Killer Moves, 50 Punk Classics, and 25 Reasons to Get Off Your Ass and Exercise, the book punks of both genders have fallen for the exercise program that matches three