



An Ultimate Home Workout Plan Bundle: The Very Best Collection of Exercise and Fitness Books (Paperback)

By Dale L Roberts

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm.

Language: English . Brand New Book ***** Print on Demand *****. All the Workouts You Will EVER Need in One Book!

Whether you're just starting out or starting again, this comprehensive book of workout plans will help you drastically improve your physique and fitness level. In the world of fitness, three-month workout plans are everywhere you turn. You've even seen plenty of them in magazines, online articles and books over the years. Are they effective? Absolutely. But, what if you want to change up your workout program? Or, what if you want to target problematic areas like your butt, gut, or arms? Then, An Ultimate Home Workout Plan Bundle has everything you will need in one book! The Real Struggle is Having Specific Workout Routines for Anywhere to Use at Any Time. Most people have the desire and capacity to exercise, but the lack of resources and time stop them from ever getting started. Sleepiness keeps you from getting to an early morning boot camp or a small apartment keeps you from making room for weights and equipment. Real-life obstacles like these can prevent...

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