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Bodyweight Training Guide: The Ultimate No Gym Workout Manual (Paperback)

By Mike Fisher

Createspace, United States, 2014. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Get a great workout. anywhere. Without an expensive gym membership. Regular exercise is part of a healthy lifestyle but many people find excuses to avoid it. Whether you have a busy schedule or a tight budget, you can still reap the benefits of exercise by working out in the convenience of your own home, or just about anywhere else for that matter. Travel for work? No problem. Do these exercises in your hotel room. Have a busy schedule? Perfect. Workout when it s convenient for you - not just when the gym is open. Skip the gym membership fees and still get the results you desire Don t want to get locked into a costly gym membership contract? Awesome. You don t need a gym. You need just a few simple exercises you can perform in the comfort of your own home. You already own all the exercise equipment you need. It s called your body! Bodyweight exercises are done using your body as resistance. Bodyweight exercises can tone your body and increase your overall endurance and strength....



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