



Short Workouts for Beginners: Get Healthier and Stronger at Home (Paperback)

By Whit McClendon

Rolling Scroll Publishing, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. If you re ready to get fit and improve your health, then this book is for you! You can get fitter and stronger than ever just by exercising at home. No more expensive gym fees, no more taking the time to drive to the gym, you ll be on your way to better strength and fitness in the comfort of your own home! Don t like the music the gym has playing? This book lets you choose when and where you exercise, and YOU pick the tunes! This book covers specific exercises and provides detailed instructions on how to do them correctly and safely. In addition, you ll find simple workouts that can help you lose weight and gain strength, all on your own. Included are links to videos so that you can see exactly how to perform the movements properly. You can get started today and improve your health and fitness! Armed with this book, you ll love how easy it can be to exercise at home. Gyms can be uncomfortable, whether because they re full of people, or...



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