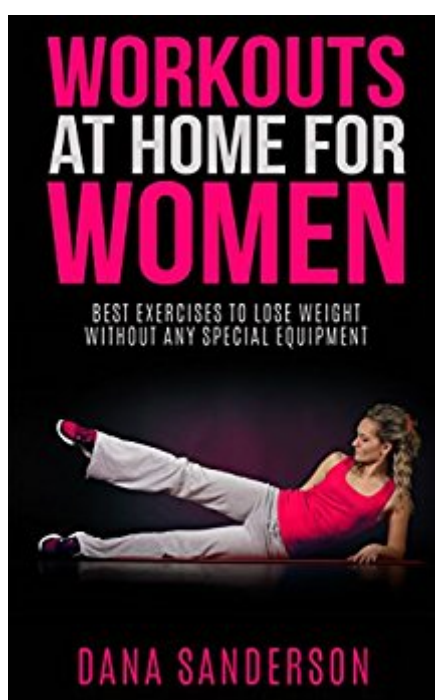


The book was found

Workouts At Home For Women: Best Exercises To Lose Weight Without Any Special Equipment (Fat Burning Exercises Book 1)



Synopsis

This book will help you stop worrying about finding that perfect gym, the right attire, the right equipment or finding the space or time to exercise. You are carefully choosing what to eat and what to avoid. However, you will feel much richer and happier if you were in better shape. You don't have to spend money or find time to go to a gym to get fitter; the book will show you how to perform effective exercises that any beginner can do with only dumbbells or without any exercise equipment in the comfort of your own home. The book gives you 50 different exercises for your upper body, shoulders, arms, chest, back, lower body and legs. Start to practice these exercises, and within a month, your body will change from inside out.

Book Information

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Customer Reviews

Helped me understand cross fit and feel more educated when I entered the box. I continually reference it as a beginner and as I continue to attend classes. I love the links to tutorial videos for the kindle version.

It a good read. The book contains most critical exercises which a woman need to improve her

body. The book is well written and contains illustrations to every exercise. The exercises are well explained and contain various techniques on how best to approach them.

That was a gift for my girlfriend. Book contains cool exercises for women and I can recommend this book for you for sure.

I have been professionally engaged in the soap making for several years already, and despite this, this book turned out to be just a treasure for me. The book contains exactly the information I've been looking for a very long time. I recommend this book to both beginners and professional soap-makers. For absolutely small money you get the knowledge that you will be repaid many times!

As a mother, I am starting to get back into the habit of trying to workout. It is often easy to feel overwhelmed and lost and want to give up before I have begun. I found this book very helpful. The tips are very helpful and very easy to follow. I am enjoying this amazing book because this book is making possible for me to feel happy and healthy. I get new motivations through this book so I am organizing my health and work so perfectly together. I highly recommend this book to everyone because it the best workout tips guide you will ever read.

Getting healthy and fit is of great challenge to many people in our world today, including me. Not only that, apart from having to cope with the unbearable cost of bodily exercise in gym, of great concern has been getting the right gym. This book is very unique as one can engage in over 40 exercises at home and be perfectly great. Personally, I found this book interesting, and reading it has made me re-consider having to spend money at gym. I therefore recommend this book to anyone.

This book is awesome! This is the best book I've ever found that explains why to use weights and how to decide the amount of weights as well as how many sets and reps to do. This has lots of workouts organized by the muscles one is trying to develop and they range from fairly easy to quite challenging ones I will probably never accomplish. The instructions are clear, the workouts are doable and it work their way up in intensity.

My first easy to read and understand informative exercise instruction book I have ever come across.

The illustration for each one is easy to follow to show how it's done. This complete list of exercises for all areas of the body achieves the same results, with very basic equipment, as spending the time and money to go to the gym. I highly recommend this book to anyone who is seeking to be physically fit and healthy by just staying at home.

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High-Velocity Weight Loss - How to lose weight fast using Paleo, intermittent fasting and the ketogenic principles of fat burning Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Wor) The 11 Best Cardio Workouts: To Burn Fat, Tone Up, and Lose Weight

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