

Fitness Discover Home Workouts For That Perfect Body 10

Jeremy Barnett,Chrissie Gallagher-Mundy

Fitness Max Editorial,2023-03-17 LIGHTNING PROMOTION

There is one common mistake which many people make when they decide to improve their bodies. This mistake is to not begin with adequate preparation. The first, and most essential, step in preparing to embark on a home workout program is to have a complete health clearance from your physician. The second reason is to find out whether you have any special limitations. For example, you may have had sprains or other types of injuries in the past. These can affect choosing the home workout that is right for you. Your doctor may advise you to modify certain kinds of exercise, or to avoid them altogether. A home workout is an exciting adventure. However, in addition to the effects it will have on your body, it will also affect your mind. From the increased blood flow which occurs during workouts, to the change in your blood-sugar levels, the physical benefits of exercise can affect your mood, spirits, and disposition. In order to ensure that these changes are positive, and you gain as much from them as possible, you need to be prepared by knowing that you are healthy.

Fitness Discover Home Workouts for That Perfect Body Nishant

Baxi,2015-05-02 Discover Home Workouts for That Perfect Body!

Fitness at Home Michael Ericsson,2016 Fitness At Home: Lose Weight, Build Muscle & Get Ripped: Discover Home Workouts for that Perfect Body! Read on your PC, Mac, smart phone or tablet. This book contains proven steps and strategies on how to maintain your perfect body weight while building essential body muscles and achieve core strength with daily exercise. The best part is that these are all possible to achieve in the convenience of your own home. Having a daily exercise routine is important in keeping healthy. And exercise does not always have to be at the gym. It can be done anywhere especially in the comfort of your own home. If you are looking to stay healthy through daily exercise and are aiming to lose weight while achieving shapely and well-defined upper body & lower body muscles then this book is for you. Read on and make sure to go through the five-day program to get into the habit of daily exercises at home that is guaranteed to make you lose weight and achieve a perfect body. Here Is A Preview Of What You'll Learn...Setting Up Your Fitness Space at HomeMuscle Building Exercises: Upper Body Push UpsCore Strengthening Exercises: Leg WorkoutsMuscle Building Exercises: Upper Body Pull UpsCore Strengthening Exercises: Spiderman WorkoutsWeight Loss Exercises: Burpee Finisher WorkoutsMuch, much more!Setting Up Your Fitness Space at HomeBefore starting a fitness program at home the first order of business would be to identify the space you will be performing your daily home exercise routine. If you have an extra bedroom that can be transformed into a fitness space, go ahead and convert it into your personal gym. The balcony or patio are also good options especially if you prefer open air, early morning workouts. The living room can also be easily transformed into a fitness space by simply setting the furniture aside when going through your daily fitness routine. If you have chosen indoor space, that extra bedroom perhaps, it will not cost much to add a wall of mirrors much like those found in professional gyms. It is a great way to check your form while going through each exercise. Adding a few basic exercise equipment such as dumb bells, kettle bells, exercise mats, resistance bands, exercise balls, etc. to your personal gym is highly recommended. And if you can, especially if the space can accommodate it, get

yourself some standard equipment like a stationary bike, a treadmill, or a weight machine can also be added. Whatever space you choose, it is ideal to spruce it up with things that are conducive to working out. You can put racks with towels, maybe a stereo system, and a water cooler just to get the vibe going. These are important to keep your personal motivation up. You need to have a comfortable space at home where you can do your daily fitness regimen so that you would enjoy doing it, and therefore keep doing it until it becomes a habit.

The Ultimate Body Liz Neporent, 2007-12-18 Which exercises do the best job toning my thighs and legs? What routine will really help me lose weight once and for all? Why should I skip crunches if I'm trying to turn my beer belly into a six-pack? If you're looking for answers, just ask Lizzy. . . . As America's premier fitness guru, and the bestselling coauthor of *Buns of Steel* and *Weight Training for Dummies*, Liz Neporent has helped hundreds of satisfied individuals get in shape. Now she wants to help you! Easy-to-follow, results-oriented, and completely illustrated with photographs, *The Ultimate Body* is a dream come true for women looking to shed pounds, tone muscles, and feel the fittest they have ever felt in their lives. Inside you'll discover • Pre-workout prep: can-do motivational strategies, goal setting, and how to develop a workout schedule that is tailor-made for you • The Perfect Beginner Workout: If you're feeling out of shape, the "buff starts here"—with Modified Push-Ups, Partial Ab Rolls, and Pelvic Tilts • The Perfect Gym Workout: Lizzy takes you step-by-step through the most effective machine circuit at the gym—and takes away the intimidation • The Perfect Weight Loss Workout: Exercises that will help you lose body fat (and keep it off)—from jumping rope to Jumping Jacks • The Perfect Strength Workout: Muscle building and strength maximizing routines—and the secrets of the world's strongest athletes • The Perfect No Crunch Abdominal Workout: Attain a flat, toned tummy—with Ball Crunches, Hovers, and Mini Leg Lowers Plus—the Mind-Body Workout for calming the mind . . . the Travel Workout for keeping fit on the road . . . a Stretch Workout for improving flexibility and posture . . . the Perfect Legs and Butt Workout for tight buns and gorgeous gams . . . and the Perfect Upper-Body Workout for sculpting those muscles north of the waistline! Highlighted throughout with personal stories and anecdotes from fitness experts and people who successfully put into practice Lizzy's routines, this accessible guide makes feeling fit and looking great a snap-go sweat!

Home Fitness Regimen Training Guide Shawn Burke, 2021-01-17 Do you want an easy and affordable option for your daily fitness schedule? If you think maintaining fitness starts and stops at the gym, you need to think again. While going to those establishments is all well and good, they're not the be-all and end-all when it comes to keeping physically (at times, even mentally) fit. Sure, they have the fancy equipment, the trainers who can keep you on track, and other amenities to make working out a luxurious experience. But at the end of the day, what's most important is you and how you feel. And you can keep fit just as well at home as you do in any gym. *Finding Time For Fitness Is Never Easy, But Home Training Could Provide The Answer!* From assembling a few pieces of basic training equipment, to setting up a complete gym in a room in your house, at-home workouts could be the key to your fitness. Discover How To Incorporate Home Fitness Programs In Your Daily Routine To Lose Weight, Get Fit And Look Good Right From The Comfort Of Your

Home!!! So, here's what you are going to discover in this Advanced "Home Fitness Regimen" Info Course: A General Overview About Home Fitness Regimens Find Out How To Create Your Awesome Home Gym Explore How Muscle Growth Works Discover Everything About Using Intensity Techniques to Unlock Your Full Potential Find Out About Training Your Legs At Home Know Everything About Bodyweight Training and How to Learn Incredible Beast Moves Find Out About Introducing Cardio and Weight Loss Discover The Last Piece of the Puzzle – Diet Find Out All About The Benefits of Staying Fit Discover All About Doing It For Yourself And So Much More... Finding Time For Fitness Is Never Easy, But Home Training Could Provide The Answer! From assembling a few pieces of basic training equipment, to setting up a complete gym in a room in your house, at-home workouts could be the key to your fitness. Home Fitness entails exactly what it implies: executing your personal fitness routine while at home using a variety of different techniques. Home fitness has been in our lives for decades – and it's taken on a new role since the Covid-19 pandemic closed gyms around the world. Whether it's a yoga class on Zoom or panic-buying a Peloton, many of us are trying to find ways to exercise effectively within four walls. Whether you are looking to improve your cardiovascular system, lose weight, gain lean muscle mass, or just stay active, in-home training has a place in your life. And the benefits of staying fit are no secret: Improvements in cardiovascular and respiratory health, better regulation of blood sugar, the potential to reduce or eliminate prescription medications (such as for diabetes or blood pressure), weight loss, reduction in cancer risk, and improved musculoskeletal strength are some of the better-known. But when you're working out at home, you're responsible for the whole plan: What exercises should you do? How many reps of each? How often should you rest? Are you feeling a cardio workout? An upper-body workout? Or do you want to fit in a total body workout instead? For many of us, answering all these questions is an added stress we'd rather avoid right now. And the good news is that's something you can avoid—without skipping your workout. We are about to show you an immaculate at-home workout program that take the guesswork out for you and will give you the whole exercise plan.

Home Workouts for That Perfect Body! Maxwell Alexander, 2020-07-09 No gym? No problem! Discover the home workouts and get in the best shape ever!

The Home Workout Handbook Raza Imam, 2018-02-20 **Attention: Buy the paperback version of this book and get the Kindle ebook version for FREE** Cancel your gym membership. If You Want to Know How to Get Lean & Ripped at Home in 30 Minutes/Day - Then Keep Reading Discover How to Burn Ugly Fat and Get Ripped Without All the Non-Sense That Takes Place In Most Commercial Gyms I was disgusted... I had just pulled into the parking lot of my local, big-box commercial gym. The parking lot was jam packed... The locker room was dank, musty, and damp. The lockers were stained with sticky messes and coated with rust - some even had old clothes and garbage. The gym bro's were howling and high-fiving each other in between sets. Every other step I took was like traversing a minefield - dodging the piles of misplaced weights scattered across the floor... It literally made me turn around and leave. Of course, not all gyms are like this, but this very image is what keeps millions of people away from gyms everyday. If that's you, then know this... You CAN build a strong, lean, resilient body using bodyweight exercises in the comfort of your own home. No complicated gym memberships. No fancy equipment. No expensive personal trainers. Just your body and 2 simple items that you

can get for a total of \$30. Who Is This Book For? This is for the average guy or gal that wants to lose fat and build muscle in the fastest way possible. In this short book, I reveal EVERYTHING you need to do to burn fat and build muscle. I left out the fluff, theory, and science and show you the exact action steps you need to take to get the results I got. I know this is a short book, but do you really need a 300 page book if you want to burn fat and build muscle... or do you need a simple, step-by-step guide showing what kind of workouts to do? Well that's what I've compiled in this book. Here's exactly what you'll discover: REAL pictures of my results (I'm a regular dude just like you - NOT a fitness model) The FASTEST way to get results (2 simple tweaks to TURBOCHARGE Your Results) The mindset trick I used to stay on my goals Exactly what you'll need to get a KILLER home workout (costs less than \$30) The BEST exercises you need to do to get ripped at home The Perfect Workout Formula (once you discover the secret you'll wish you did this sooner) The 6 Amazingly Effective Home Workouts This book will help you supercharge your fat-burning in the comfort of your own home. I made it short and sweet so you can read it in less than 10 minutes... so go ahead and grab a copy of this book now by clicking the Buy with 1-Click button now. P.S. If you don't get results from this book, email me directly and I will personally do my best to help you.

Home Workout Cynthia Armstrong, 2022-08-22 If the idea of a home workout makes you yawn, think again! When executed correctly, using just your body weight can give you a run for your money. So, whether the gym isn't your thing or you're short on time, clear out a space in the living room and prepare to sweat. The 30 bodyweight moves we've detailed below can be scaled for beginner, intermediate, and advanced exercisers, so start where you feel ready and progress from there. Our 10 picks for beginner bodyweight exercises will provide a full-body workout. Complete 2 sets of 10 to 15 reps of each exercise, with 30 seconds to 1 minute of rest between each move. This circuit should take about 15-20 minutes - a great beginner routine. Activate your core and posterior chain (a fancy term for the backside of your body) with a bridge. This is a great exercise to use as a warmup. Directions: Lie on your back with your knees bent, feet flat on the floor, and your arms extended by your sides. Pushing through your feet and bracing your core, raise your bottom off the ground until your hips are fully extended, squeezing your glutes at the top. Squat to strengthen your legs and core, which will make everyday movements easier. Starting with a chair underneath you will help you master proper form. Directions: Stand in front of the chair with your feet shoulder-width apart, toes pointed slightly out. Hinging at your hips and bending your knees, lower back and down until your bottom touches the chair, allowing your arms to extend out in front of you. A beginner-style pushup, this move will help you build strength before attempting a standard pushup. Directions: Get into a high plank position from your knees. Maintaining a straight line from your head to your knees, bend your elbows to lower yourself down to the ground. Keep your elbows at a 45-degree angle. Learn best home workout routines by Cynthia Armstr

The Busy Person's Fitness Plan: Short, Effective Workouts That Can Be Done At Home Or On The Go, Perfect For People With Packed Schedules Brian Smith, 2024-03-06 The Busy Person's Fitness Plan is a comprehensive guide designed for individuals with packed schedules who are seeking effective workouts that can be done at home or on the go. This book explores the

importance of fitness and how it impacts overall health, emphasizing the need to set realistic goals. It provides strategies for creating a fitness routine and finding the motivation to stick to it. The book offers a wide range of quick workouts suitable for busy schedules, including HIIT and bodyweight exercises. It highlights the benefits of utilizing technology, such as fitness apps and wearable trackers, to enhance fitness routines.

Additionally, it offers tips on making healthy nutrition a priority and overcoming common exercise barriers. Readers will learn how to tailor workouts to their preferences, incorporate mindfulness into their fitness practices, and maximize results with minimal equipment. The book also emphasizes the importance of consistency and persistence, providing guidance on maintaining a routine and recovering and restoring the body. Furthermore, it offers practical tips on incorporating fitness into daily life, setting realistic expectations, and finding support and accountability. It addresses common challenges, such as navigating fitness plateaus, and provides strategies for overcoming them. Overall, The Busy Person's Fitness Plan serves as a valuable resource for busy individuals looking to prioritize their health and achieve their fitness goals despite their hectic schedules.

Get in Shape with Exercise Ball Training Julie Schoen, Little Pearl, 2013-06-12 Are You Ready To Get In The Best Shape Of Your Life? No Gyms Or Expensive Equipment Required! Author and fitness guru Julie Schoen will show you how to use the exercise ball to work all the right muscles so that you can achieve a long, lean, and toned body in record time. These fun and intense workouts prevent you and your muscles from getting bored. It's the fastest most effective workout you've ever done! Schoen's realistic 10, 20, and 30-minute workout plans will help you get in the best shape of your life. After having a baby less than a year ago, Schoen is living proof that these workouts really do work! Filled with detailed instructions and helpful photos, Get In Shape will make sure that you are satisfied with the results. Discover The 30 Best Exercise Ball Workouts To: * Tone Your Core* Tighten Your Legs* Sculpt Your Arms* Increase Total Strength* Help You Burn Fat Faster Than Ever! Don't waste your time and money with workouts that don't get the job done! Buy this edition of Get In Shape today and get started on your best body now! **BONUS!** Don't miss out on killer workout jam mixes included in the book! They're almost as awesome as you...

Fitness at Home Frank Holley, 2010-05-10 Getting your body in great shape is not nearly as difficult as you may think! The only catch is knowing what steps to take in a home workout routine, and which kinds of errors you need to avoid. When you have the facts in hand, you will know exactly how to plan the home workout routines that are the best for you, and avoid the pitfalls that can slow you down or be counterproductive.

Bodyweight Training For Women Richard L Lyons, 2024-02-11 Tone Up, Get Strong, and Shed Fat With No Gym Required! If you're a busy woman looking to lose weight and sculpt a lean, strong physique from home, this book is for you. Bodyweight Training for Women brings you over 200 pages jam-packed with simple yet effective bodyweight workouts perfect for building, toning and transforming your body. Inside you'll discover: - Over 125 at-home exercises shown with clear, step-by-step photos so you can perfect your form and technique - Complete progressive training programs for all levels - beginner, intermediate and advanced - Challenging fat-blasting circuits guaranteed to fire up your metabolism - Proven routines to shape and lift your glutes, trim

your thighs, strengthen your core and enhance overall fitness Whether you have dumbbells, resistance bands or just want to use your own body weight, these customizable workouts will help you ditch the fat while developing alluring feminine muscle tone without bulking up. If you like easy-to-follow exercise guides, practical advice and getting maximum results with minimum equipment, then you'll love transforming your body with this must-have fitness book! Buy Bodyweight Training for Women to start building your best body today!

Home Workouts A. G. Scott, 2020-10-12 How to tone and sculpt your body, even if you hate cardio or have never stepped inside a gym (and don't plan on doing so!) At one point or another we've all told ourselves, I'm going to sign up for a gym membership, and really do it this time, or, I swear I'll do my workout later on tonight. We all know the benefits of exercise: It improves our physical and mental health, gives us more energy, and boosts our self-image. So why is it so hard to start an exercise regimen, and even harder to stick to it? Despite our best intentions, life gets in the way and there always seems to be an obstacle stopping us from actively trying to live healthier. Whatever the reason, continuing to live a sedentary lifestyle isn't doing you any favors. In fact, physical inactivity is the 4th leading risk factor for global mortality and is a strong predictor for weight gain, cardiovascular disease, and other chronic conditions. Does this mean that you have to make drastic lifestyle changes to start improving your health, mentally and physically? Or that you need to give up time doing what you love just so you can spend hours in the gym? Not at all. I'll let you in on a secret that the fitness industry doesn't want you to know. You don't need fancy equipment or expensive trainers to sculpt the body that, up until now, you've only imagined. A.G. Scott knows firsthand the amazing results that can be achieved with home workouts, and so he has put together the only exercise guide you'll ever need. In *Home Workouts: Anyone - Anytime - Anywhere*, you will discover: The six key elements every workout must have in order to make the most of your time and effort, and how they will have you seeing results sooner than you would believe Exercises for every muscle group and fitness level with clear, comprehensive instructions, diagrams and variations so you're working your target areas every time The #1 upper-body workout that will rapidly build your overall strength (hint: small adjustments make big changes) How this engaging training method can help you burn more calories than traditional cardio, and continue to burn calories even after your workout is finished The numerous benefits of dynamic stretching and how that one simple habit not only warms up your muscles, but also improves your balance and coordination over time Meal plans that can be adapted for any lifestyle, so you can create a plan that meets your personal needs and preferences The most common mistakes people make without realising, and how these can hold you back from achieving incredible results And much more. With the demands and responsibilities of everyday life, you shouldn't have to sacrifice precious hours every week going to the gym to build the body you've always wanted. The key to transforming your life is having a workout routine that works for you, not against you. This is a plan that will adjust to match your needs and experience, no matter where you are. It's time to leave the costly gym membership behind, save money, and allow yourself more time to enjoy life. If you start today, think how much better you will look and feel in a month. If you want to start looking forward to exercise and commit to

achieving the body of your dreams, no strings attached, then scroll up and click the Add to Cart button right now.

The Body Noble Derek Noble,Carol Colman,2006-01-03 The hottest way to a healthy, fit body! Would you like to get a lean, fit body, feel reenergized and stress-free, and stay in great shape without having to hire a personal trainer, race off to an exercise class, or turn your life upside down? Now you can. Derek's knowledge and expertise helped me to compete during my professional tennis career at my highest potential. --John McEnroe Derek's program, which covers everything from fitness and stretching to nutrition, is innovative and unique. I have been searching for a program that encompasses everything that I need, and with The Body Noble, I have finally found it. I recommend this program to anyone who doesn't have a lot of time but still wants to look and feel great. --Max Mutchnick, creator and Executive Producer of Will & Grace I had been on the Body Noble program for less than two weeks and I already noticed a remarkable difference in my energy and stress levels. --Dana, mother and corporate trainer

The 90-Day Home Workout Plan Dale L. Roberts,2015-03-13 At-Home Workouts to Lose Weight and Build Muscle These fast and simple workouts burn fat and build muscle, all from the comforts of your home You can exercise in the privacy of your home, so you're free to wear what you want, act how you like and crank your favorite workout songs while you get into great shape. While the gym is the perfect respite from a long day of work, there are times when the gym is one huge inconvenience. People drop weights, invade your personal space and sometimes smell so awful you get your cardio training simply running away from them. It takes every fiber of your being not to turn around and just head home. Well, you want to know what? You don't have to deal with the gym-and can still get a killer workout. And The 90-Day Home Workout Plan is your solution! The 90-Day Home Workout Plan includes: How to have a kickass workout in record time (HINT: You won't spend hours, I guarantee that!) What vital components you're missing in your workouts to lose weight Simple yet specific instructions on what to do and when to do it The secret to sticking to a fitness routine and enjoying it for the long haul A fully customizable 90-day fitness program Hundreds of detailed pictures of the exercises And, so much more Find out why The 90-Day Home Workout Plan is your solution to losing weight and building muscle today! Scroll Up & Click the Buy Button to Get Your Copy Right Now!

Mindful Body Calisthenics Daily Jay,2021-03 Get that body you've always dreamt of without sacrificing your paycheck on an overpriced gym membership. Are you tired of paying a ridiculous amount of money to your gym without actually having the urge to go there? Do you get frustrated by the jungle-like nature of the gym, just wanting to be able to workout anywhere, anytime, with little to no equipment needed for your training? Are you looking for a way to reach what seems to be a near-impossible task: you love what you see in the mirror, are confident in your own skin, and actually find it fun to workout? If you answered 'yes' to any of the above questions, then you and calisthenics training will get along quite well. Working out seems to get more complicated as the years go by, with new trendy equipment popping up in ads claiming to burn 10x the number of calories than 'regular' ways of exercising. Not only will getting this equipment be at the dispense of your hard-earned money that you could be spending elsewhere, like for groceries or special occasions, but it will also take upspace in your home and create

unnecessary clutter. Calisthenics is a type of strength training that involves using only your bodyweight and combines strength, balance, mobility, and flexibility for the ultimate at-home training tool, so that you can get in shape without the hassle of going to the gym or buying fancy machinery. But as with starting any new program, you'll need to get the know-how of it all before jumping straight in. In Mindful Body Calisthenics, you will discover: Why calisthenics training is the secret you've been looking for to get the body you've always wanted, even if you've never succeeded in the past What to do when you hit a fitness plateau Step-by-step guidance on how to perform each exercise, allowing you to perfect your form and accelerate fat-burn for quicker results A series of the best warm-up and cool-down exercises to prevent injuries and boost performance How to train for maximum results Tips for avoiding injuries so that you never have to miss a workout Common mistakes others make in calisthenics and how to avoid them 10 tips to keep your motivation sky-high for those days when training is the last thing on your mind ...AND much, much more! It doesn't matter how old or young you are, what experience level you have (if any), or how little space you have in your home--calisthenics training is something anyone can implement into their daily routine. And because there's no need for equipment, this means that you don't have to invest in any extra additions before starting your new healthy lifestyle. Through calisthenics, you will be training both mind and body to work together, allowing you to gain more body control and be in better touch with yourself. If you want to build full-body strength and finally enjoy taking care of your home that is your body, then scroll up and click the Add to Cart button right now.

Home Workout Exercises Lawrence H Young, 2021-04-04 ★55% off Bookstores! Discounted retail price now of \$19.95 instead of \$26.95★ Do you want to keep fit, but don't have the time to go to the gym? Your clients will never stop thanking you for making their lives healthier. Thousands of People Love Fitness, But Only a Few Do It Well. At this time, it is very easy to stay at home and continue eating and thus gaining weight and losing shape which is very bad for general health and body fitness. It is therefore very important to keep fit by exercising at home even without the use of fitness equipment. This guide will show you simple and effective exercises you can perform at home, alone or in pairs, to maintain body fitness and overall health allowing you to remain fit even without going to the gym. Get yours today at this special launch price. ★★Buy it Now and let your customers get addicted to this amazing book

Get in Shape with Medicine Ball Training Julie Schoen, Little Pearl, 2013-06-12 Are You Ready To Rev Your Workout Routine Into High Gear? No Gyms Or Expensive Equipment Are Required To Create A Sexy, Sculpted Body! Author and fitness guru Julie Schoen moves you through the 30 best medicine ball exercises to help you sweat more and workout more effectively, meaning you can create a killer body right in the comfort of your own home. Designed to tone your entire body from head to toe, these medicine ball workouts will keep your exercise routine fresh and the time you put in totally worth it. Schoen's total package 10, 20, and 30-minute medicine ball workout plans mean that no matter how crazy your day gets, you won't have any excuse for not breaking a sweat. Even just 10 minutes, 5 times a week can get you amazing results. After having a baby less than a year ago, Schoen is living proof that these workouts really do work. Get In Shape is filled with

step-by-step, detailed instructions and how-to photos so that you spend your time sweating, not studying. Discover The 30 Most Effective Medicine Ball Exercises To: * Sculpt Sexy Legs* Create A Strong, Defined Back* Perk Up Your Posterior* Build Rock-Solid Abs* Lose The Jiggle In All Of Those Unwanted Places! Working out shouldn't be expensive and it should never be a waste of time! Buy this edition of Get In Shape today and fall in love with your body all over again! **BONUS!** Don't miss out on killer workout jam mixes included in the book! They're almost as awesome as you...

The Physique 57(R) Solution Tanya Becker, Jennifer Maanavi, 2013-01-08 What if you could achieve your best body starting now? THE PHYSIQUE 57® SOLUTION, celebrity praised and widely loved, is designed to systematically sculpt your muscles to create a lean, beautiful shape. This unique, effective workout combines interval training, isometric exercises, and orthopedic stretches to rapidly and dramatically transform your body. No matter your level of fitness, the Physique 57 technique will keep you challenged, motivated, and entertained. Now combined with a healthy and delicious meal plan, this two-week program will help you get your best body fast. Discover: · Step-by-step, groundbreaking workouts offering major calorie burn · A bonus DVD with a 30-minute workout you can do anywhere, anytime · A super-slimming two-week meal plan · Innovative choreography, including muscle-defining arm exercises, intense seat-and-thigh sequences, and waist-chiseling ab moves · A variety of flavorful and healthy recipes for breakfast, lunch, dinner, snacks, and dessert Drop pounds, lose up to 10 inches, and transform into the best version of yourself.

Perfect Body Boot Camp Jeremy Barnett, Chrissie Gallagher-Mundy, 2005

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Fitness Discover Home Workouts For That Perfect Body 10 Introduction

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