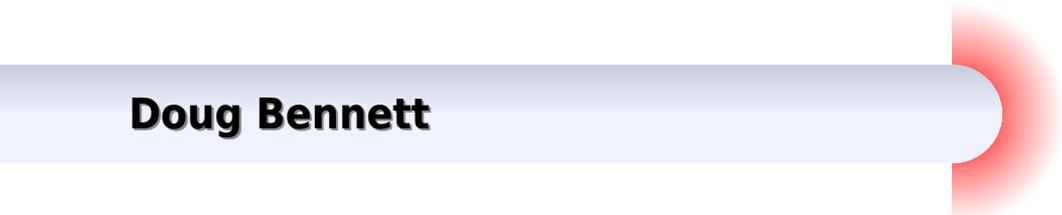




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Doug Bennett



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The Beginner's Home Workout Plan Dale L. Roberts, 2016-06-13 Are you ready to finally begin working out but don't know where to start? Wouldn't it be nice to get a simple exercise program you can do anywhere and at any time? Then *The Beginner's Home Workout Plan* has exactly what you need without all the extra filler. The #1 Best Selling Fitness Author Dale L. Roberts put together the best first step for anyone new to fitness. Stop fooling around with stupid fad diets, trendy workout programs, or shaky theories that don't have a leg to stand on. You need sound advice on the fundamentals of working out with credible resources and proven results. *The Beginner's Home Workout Plan* gives everything you need to start your new healthy lifestyle on the right foot and continue on to even better health and fitness. In *The Beginner's Home Workout Plan* you'll discover why beginners don't have to kill themselves for impressive results. How short, hit and split exercise programs work best. What the simple exercises that are missing from most workout plans. How less workout equipment equals less stress. Fun yet powerful workouts to bring out the best in the beginner. Appropriate home workouts for both men and women. Hundreds of detailed images of exercise demonstrations. Brief yet easy to understand instructions. Over 90 days of exercise programs to keep you going for months to come. Learn how to lose weight fast naturally without dieting and keep it off. Easily modifiable workouts to use anywhere at any time. The perfect health and fitness guide for weight loss. All in a short book so you can read it quickly, exercise right away, and see results ASAP. And so much more. Stop hoping you get the right results by blindly searching the web for answers. Get the correct information on the best steps for a beginner's home workout plan right NOW. Scroll Up Click the Buy Button to Start Your NEW at Home Workout Routine TODAY *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 **The Complete Home Workout Plan Series** Dale L. Roberts, 2016-10-31 Are you sick of being out of shape, feeling lousy, and having no time to

improve your health Wouldn't it be nice to build muscle lose fat and look great right away with a short simple workout routine Then The Complete Home Workout Plan Series How to Master Fitness in 30 Days has all your answers in a short concise books bundled in a 9 book series That way you can get your information get into shape and get on with life In this health and fitness short read box set you'll get Hundreds of simple exercises with variations Exercise ideal for anyone from the beginner to the athlete Brief and straightforward instructions of each exercise 9 reliable and customizable 30 day workout plans Helpful guidelines and tips to get the most from your workouts Over 300 full color pictures to remove any guessing Book 1 How to Master Push Ups in 30 Days Book 2 How to Master Pull Ups in 30 Days Book 3 How to Master Core Exercises in 30 Days Book 4 How to Master Leg Exercises in 30 Days Book 5 How to Master Squats in 30 Days Book 6 for Seniors How to Master Chair Exercises in 30 Days Book 7 How to Master Cardio Training in 30 Days Book 8 How to Master Butt Exercises in 30 Days Book 9 How to Master Arm Exercises in 30 Days And much more Get into Incredible Shape NOW Scroll Up and Click the Buy Button to Get Your Copy TODAY *The Home Workout Plan* Dale L. Roberts,2016-10-05 Are you tired of being out of shape and feeling lousy Wouldn't it be nice to have a simple step by step plan to whip yourself into incredible shape Then The Home Workout Plan How to Master Pull Ups in 30 Days has your answer in a short concise book you can read in less than an hour This book gives the information you need now so you can stop searching the internet endlessly for answers about getting fit and feeling great In this health and fitness short read you'll get 3 simple pull up exercises with 4 different variations each Pull ups ideal for anyone from the beginner to the athlete Brief and straightforward instructions of each exercise A reliable and customizable 30 day workout plan Helpful guidelines and tips to get the most from your workouts Full color pictures so you don't fly blind into your workout And much more Don't Wait Any Longer Click the Add to Cart Button to Get in Shape RIGHT NOW *The Home Workout Plan for Beginners* Dale L Roberts,2019-02-06 Workout at Home with this Exercise Program for Beginners Are you ready to finally start working out but don't know where to begin Wouldn't it be nice to get a simple exercise program you can do from the comforts of your home Then The Home Workout Plan for Beginners has what you need without any filler No more fooling around with fad diets trendy workout programs or questionable weight loss theories You need sound advice on the fundamentals of working out with proven results and credible resources The Home Workout Plan for Beginners gives everything you need to start your new healthy lifestyle on the right foot and continue to even better health and fitness In The Home Workout Plan for Beginners you'll discover Why you don't have to kill yourself for impressive results How short exercise sessions work but only if you do them a certain way What exercises most workout plans need but don't have Easily modifiable at home exercises Hundreds of high quality images of exercise demonstrations Over 90 days of exercise programs to keep you going for months to come This workout guide is to the point so you can start now get results ASAP Stop hoping to get results by blindly searching online for answers Get the right information on the best steps for a beginner's home workout plan right NOW Get Your Copy and Start

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