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Calisthenics + Weight Watcher 2 in 1 Bundle: Book 1: 40 Essential Calisthenics Exercises for Beginners + Book 2: Weight Watcher's Recipes Quick Reference: Simple Start Plan To Lose 21 Lbs in 2 weeks

Alex Vin, Tina Moore

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Book 1 - Calisthenics

The Ultimate Guide to Calisthenics: 40 Essential Calisthenics Exercises for Beginners. Get Your Dream Body Fast With Body Weight Exercises and Calisthenics (Street Workout)

Do you want to try a new, interesting way to work out? Are you trying to build muscle? Are you looking for things to add to your workout routine to make it more versatile? Have you heard of Calisthenics but are unsure of how to approach this type of workout? Are you simply looking to broaden your workout horizons? If you answered “yes” to any of these questions then this book will be a great tool for you!

Calisthenics is a new and emerging type of workout that you may not yet be familiar with. You may not even know what Calisthenics is or entails. That’s perfectly okay! This book is here to help with background information on just what Calisthenics is, how it works and how you can do it! This book will also guide you through 40 beginner Calisthenics workouts to teach you not only how to exercise in this way but how to do it most effectively.

For many, working out and staying in shape is a constant struggle for many reasons. Some struggle to find the time, some struggle with the knowledge of how to benefit their body in the correct ways and some struggle with broadening their workouts to avoid boredom. On the other hand, some are struggling most with wanting to work out and try new things but not knowing how to understand new workouts or apply them. Whatever you seem to be struggling with, this book can help!

This book includes:
-40 beginner Calisthenics exercises
-In depth information and explanations on the exercises
-Helpful pictures for better understanding
-Tips and tricks to help you get a firm grasp on Calisthenics exercising
-Background and brief history on just what Calisthenics is.

Book 2 - Your Own Weight Watcher

Weight Watcher's Recipes Quick Reference: Simple Start Plan To Lose 21 Lbs in 2 weeks (Weight Loss For Beginners, Simple Weight Watcher's Cookbook)

Are you currently trying to lose weight? Have you tried to lose weight in the past but struggled? Have you lost weight but are trying to lose more? Are you curious about Weight Watchers and how you can use it on your own weight loss journey? If you're reading this, it's quite likely you answered "yes" to one or more of the previous questions and if you did, then this book can not only help you but be a great educational tool to help you lose weight!

Weight is such an important issue in our everyday lives. So much of what we wear and eat as well as how we think of ourselves is based on our weight and how we look. Weight (and how it makes us look) is important to us because how we look and therefore, how we feel, relays a message to everyone who sees us throughout our daily life.

If you are feeling or have felt, uncomfortable with your weight and are looking to make a serious life change, then this book is a great choice for you! Losing weight and keeping it off is an extremely difficult thing to do! It is always easier when you have something or someone to help you stick with the commitment. This book can not only help you preserver but it can also serve as a guide to educate you on what to eat, when to eat it and how this will affect your weight loss. This book includes:

-Helpful information that can assist you in losing weight
-An introduction to Weight Watchers
-Three Weight Watchers Recipes for a smart breakfast
-Three Weight Watchers Recipes for a healthy lunch
-Three Weight Watchers Recipes for a satisfying, yet nutritious dinner
-Three Weight Watchers Recipes for desserts

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From reader reviews:

Derek Morton:

Reading a book tends to be new life style with this era globalization. With reading you can get a lot of information that can give you benefit in your life. With book everyone in this world can share their idea. Books can also inspire a lot of people. Many author can inspire their reader with their story or perhaps their experience. Not only the storyplot that share in the guides. But also they write about advantage about something that you need example of this. How to get the good score toefl, or how to teach your kids, there are many kinds of book that you can get now. The authors on earth always try to improve their skill in writing, they also doing some exploration before they write for their book. One of them is this Calisthenics + Weight Watcher 2 in 1 Bundle: Book 1: 40 Essential Calisthenics Exercises for Beginners + Book 2: Weight Watcher's Recipes Quick Reference: Simple Start Plan To Lose 21 Lbs in 2 weeks.

John Tibbs:

The book with title Calisthenics + Weight Watcher 2 in 1 Bundle: Book 1: 40 Essential Calisthenics Exercises for Beginners + Book 2: Weight Watcher's Recipes Quick Reference: Simple Start Plan To Lose 21 Lbs in 2 weeks includes a lot of information that you can understand it. You can get a lot of advantage after read this book. This kind of book exist new information the information that exist in this book represented the condition of the world at this point. That is important to yo7u to understand how the improvement of the world. This book will bring you inside new era of the syndication. You can read the e-book on your smart phone, so you can read that anywhere you want.

Charles Kinsella:

People live in this new time of lifestyle always try and and must have the spare time or they will get lot of stress from both lifestyle and work. So , whenever we ask do people have free time, we will say absolutely indeed. People is human not just a robot. Then we ask again, what kind of activity are you experiencing when the spare time coming to you actually of course your answer will certainly unlimited right. Then ever try this one, reading textbooks. It can be your alternative in spending your spare time, the actual book you have read is Calisthenics + Weight Watcher 2 in 1 Bundle: Book 1: 40 Essential Calisthenics Exercises for Beginners + Book 2: Weight Watcher's Recipes Quick Reference: Simple Start Plan To Lose 21 Lbs in 2 weeks.

Susan Frame:

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