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An Ultimate Home Workout Plan Bundle: The Very Best Collection of Exercise and Fitness Books

Dale L. Roberts

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An Ultimate Home Workout Plan Bundle: The Very Best Collection of Exercise and Fitness Books
Dale L. Roberts
All the Workouts You Will EVER Need in One Book!
Whether you're just starting out or starting again, this comprehensive book of workout plans will help you drastically improve your physique and fitness level

In the world of fitness, three-month workout plans are everywhere you turn. You've even seen plenty of them in magazines, online articles and books over the years. Are they effective? Absolutely. But, what if you want to change up your workout program? Or, what if you want to target problematic areas like your butt, gut, or arms? Then, "An Ultimate Home Workout Plan Bundle" has everything you will need in one book!

The Real Struggle is Having Specific Workout Routines for Anywhere to Use at Any Time

Most people have the desire and capacity to exercise, but the lack of resources and time stop them from ever getting started. Sleepiness keeps you from getting to an early morning boot camp or a small apartment keeps you from making room for weights and equipment. Real-life obstacles like these can prevent you from exercising at home or the gym.

"An Ultimate Home Workout Plan Bundle" helps you overcome typical obstacles that continually get in your way. By identifying detailed solutions, this book will help you experience a personal breakthrough and achieve your best health and fitness goals.

This bundle of AWESOME home workout plans includes:

- Workouts designed to be done in less than an hour in a step-by-step plan
- Minimal equipment needed - do from home or at the gym
- Great full color pictures for quick exercise references
- Learn how to maximize the most out of your time with your workout
- Different exercise routines for each day of the week
- Includes exercises for all levels, from the beginner to the athlete
- Build strength, endurance, core development and flexibility
- "The 90-Day Home Workout Plan"
- "The ABC Workout Plan: Firm, Tone, and Tighten Your Abs, Butt, and Core"
- "The Chest and Arms Workout Plan: Firm, Tone, and Tighten Your Upper Body"
- "The 15-Minute Standing Abs Workout Plan: Ten Simple Core Exercises to Firm, Tone, and Tighten Your Midsection"
- And, much more!

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