



**So You Want To Work Out At Home...Now What?
Step-by-Step Instructions & Essential Info That
Truly Simplify How to Plan Your Best Home
Workouts, Including ... (The Now What? Fitness
Series Book 6)**

Linda Burke

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So You Want To Work Out At Home...Now What? Step-by-Step Instructions & Essential Info That Truly Simplify How to Plan Your Best Home Workouts, Including ... (The Now What? Fitness Series Book 6)

Linda Burke

So You Want To Work Out At Home...Now What? Step-by-Step Instructions & Essential Info That Truly Simplify How to Plan Your Best Home Workouts, Including ... (The Now What? Fitness Series Book 6) Linda Burke

In this sixth book of The Now What? Fitness Series, certified personal fitness trainer Linda Burke delves into working out at home.

"The Media often leaves you confused, ill-informed, or even worse: completely scammed or lied to with offers of quick fixes, magic potions, or crazy contraptions promising unrealistic results," cautions Burke. "With obesity rates higher than they've ever been, and aging baby-boomers growing more concerned than ever with their health, it's high time someone shed some light on this very convoluted subject."

Explaining how to strength train and do cardio at home in a concise and simplified manner makes for a book that helps the reader truly comprehend the fact that doing a safe and effective home workout is a viable option. Burke goes on to explain how to structure a great cardio and strength training workout you can do at home, including compound and isolation exercises that will make your workouts more effective. She covers topics such as the importance of warming up and flexibility training, as well as how to safely implement all the essential components of fitness, into your home routine.

This book breaks how to train at home down into comprehensible concepts, including practical sample workouts, giving anybody who truly wants to change their health and their lives in profound ways the tools and knowledge to do so.

SO YOU WANT TO WORK OUT AT HOME...NOW WHAT? gives you essential information and step-by-step guidance so that you can structure your home workout plan in a way that will deliver permanent results for a healthier, happier life no matter what your age or fitness level.

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Kimberly Foley:

Many people spending their time by playing outside having friends, fun activity together with family or just watching TV the entire day. You can have new activity to enjoy your whole day by reading through a book. Ugh, think reading a book really can hard because you have to accept the book everywhere? It fine you can have the e-book, bringing everywhere you want in your Smart phone. Like So You Want To Work Out At Home...Now What? Step-by-Step Instructions & Essential Info That Truly Simplify How to Plan Your Best Home Workouts, Including ... (The Now What? Fitness Series Book 6) which is finding the e-book version. So , try out this book? Let's find.

Jack Bell:

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