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An Ultimate Home Workout Plan Bundle: The Very Best Collection Of Exercise And Fitness Books



Synopsis

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" Plus, available on Kindle Unlimited membership, so get your free 30-day trial, borrow this book and get all that you need! And, much more! Scroll to the Top of the Page and Click the Buy Button to Start Your New Home Workout Plan today!

Book Information

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Customer Reviews

As a life-long fitness/health enthusiast, and very active competitor in both cycling and running, and as an aside, a fitness author/blogger myself, I am always interested in learning something from other fitness authors. This book is rather unique in that the purchaser gets multiple books in one volume covering the whole range of fitness from weight training, cardio, core and stretching. I think the end of this book says a lot about the author and his interest in conveying the best possible, cutting edge information to his readers. The author furnishes his personal email address and encourages his readers to contact him with any question they might have about not only his writings, but any other question they might have about the subject. The author states, "It means a lot to me that you invested your time and money into my literature. So, I want you to get the most value as possible. The last thing I want to happen is for you to leave with questions." • Obviously, Dale Roberts is more interested in his readers than the couple of bucks he might receive as a royalty when you purchase his already very inexpensive book. Roberts and I agree on most things when it comes to the proper way to approach exercise. For example, he believes as I do, in the push-pull method approach to weight training. On one day, you will do exercises that involve pushing such as bench pressing, shoulder pressing, etc., and on the next you will do pulling movements such as curls and pull-downs. I have found that to be the most effective way to make fast progress in my own training. In the book, you will find individual programs for every day of the week, and an exhaustive approach to all around training and fitness.

This 90-Day Home Workout Plan book starts with a nice clear description of what it is and isn't as well as what results to expect. It then explains the five components of the program -these don't vary, but the routines in them do so you get variety in your workout which also makes this a good program to repeat. What each component does is explained as well as how long you'll do it and at what pace. For other things relevant to a successful exercise plan like hydration, nutrition and mindset, the author recommends one of his other books available on that isn't in this bundle. What to do if you don't feel well while exercising is also addressed. The next section details what exercises to do during which component for exercise days Monday thru Friday of each phase. Phase 1 is the first 30 days, Phase 2 is the next 30 and Phase 3 is the final thirty of the program. This is all laid out in easy to read charts. Please note that the Glossary of Exercises, which is absolutely vital to actually doing this plan, isn't next as per the Table of Contents, but is after the end of the last book in this bundle. This is a well constructed plan that makes terrific, efficient use of an hour long exercise session. I'm not the intended audience for this book as I have some limiting chronic conditions, but my SO is the perfect target and this makes a great plan for him. Some of his job involves being active, but he doesn't get all five components and has put on a little bit of weight. He's looking forward to this as he can zip through an hour including warm-up and stretching, accomplishing a lot of exercise in a doable window while getting some variety. I have a time crunched friend who has been missing her various workouts who'll love that she can accomplish so much in an hour at home.

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