

5 FITNESS TRICKS



Evolution Publication



Fitness Workout Tricks

Ehsan Zarei

Fitness Workout Tricks:

Workout Cheats, Hacks, Hints, Tips, And Tricks That Everyone Should Know Trevor Clinger, 2024-06-25

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The 30-Minute Fitness Solution JoAnn Manson, Patricia Amend, 2001-04-16

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[The Official Gold's Gym Beginner's Guide to Fitness](#) David Porter,2004-09 With the help of instructive photographs shot on location at Gold s facilities this book on fitness features tips on getting started and staying motivated warming up and stretching choosing the right exercises for your specific goals avoiding injuries and eating the right food

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Fitness [The A-List Workout](#) Alyssa Shaffer, 2006-11 Ten celebrity trainers present workout routines and fitness tips that can be adapted to individual needs along with dietary advice and recipes for a seven day meal plan

[Teach Yourself Fitness](#) Jeff Archer, 2006 Authored by a professional personal trainer and lifestyle coach this new teach yourself is designed for all those who joined a gym then got disheartened who don't know where to start with fitness or who are just too pressed for time to train Informative illustrative and inspirational the book covers not only the basics of fitness but also shows readers how staying in shape can become a part of your daily routine It features advice on starting off how to set a realistic program how to monitor your progress and what to do when the motivation falls off It offers resources including diagrams bullet points and chapter summaries and is a key companion for both those who want to be a little fitter and hardened gymbunnies alike

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