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Hoffman, 1993 **Body Transformation Manual** Sean Lerwill, 2019-06-11 Body transformations are the most sought after type of training in the fitness world It is now understood by the leading magazines gym chains and industry as a whole that training for a marathon getting into swimming or general exercise like squash will not give people the bikini body or rippling six pack they would like The simple truth is that the task is challenging and exercise is actually only about one third of the battle This manual gives you the information to get the exercise bit right as well as how to manage the nutrition sleep and stress that goes into the other arguably more important two thirds The Body Transformation Manual includes A complete step by step workout plan Basic nutritional information to help you understand what you really need Explanation of when and what to eat to maximize fat loss and muscle gain Advice tips and experience from a top London trainer Male and female specifics Proven methods from the author and his pointers on the best methods utilized by others List of equipment needed Weight training protocols explained Interval training HIIT over slow runs LISS explained **Exercise Manual for Seniors** Gwen Rodriguez, 2021-08-06 EXERCISE MANUAL FOR SENIORS As we grow old we realize we can't do some things we used to do when we were much younger as our whole body ages Explorations from research state that older people are more prone to getting infected with diseases and illnesses like cardiovascular diseases high blood pressure etc Exercise has proven to help not just the young but also the seniors as it aids in the prevention of diseases improves mental health improves balance and muscle development aids digestion etc You know you don't have to go to the gym to keep your exercise routine going this book Exercise Manual for Seniors is a handbook that serves as a guide to help you through your workout routine as it provides easy home training steps for both beginners and pros Get it now

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