

5 FITNESS TRICKS



Evolution Publication



Fitness Workout Tricks

Henriques, Tim

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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[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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