



Home Workout For Beginners 6 week Fitness program with fat burning workouts f

By James Atkinson

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 84 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. If you would like a progressive training routine that: Will break you in gently You can do from home Will not take up a lot of your time Then this book is for you! If you are one of the millions of people that: Has tried everything to lose weight Or you are one of those people that knows that you need to do something about your situation as the weight is creeping on, your fitness levels are dropping and you know that only a life style change will help you. Is unsure about joining a gym or fitness. (I know, this can be daunting) Knows that its time to change but have not got a clue where to start Again, you will benefit from this book. Hi, Im James Atkinson (Jim to my friends and readers). Im a qualified personal trainer and fitness coach, competing bodybuilder and have a burning desire to help others reach their fitness goals. I have been training for over fifteen years. This training has taken me from long distance running to bodybuilding competition....



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