



Intensity the Home Workout

By Chris Lutz

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Over 40 intense home exercises done in a fashion for you to get the most out of working out at home. Easy substitutions or modifications are listed. If you have an injury or irritation, a slight modification can still allow you to perform the exercise or a substitution. Progression strategies and techniques to keep your efforts effective over time. Beginner movements all the way up to advanced techniques. -Full body workouts. -Upper body pushing and pulling exercises. -Lower body exercises. -Hip, thigh, and butt exercises women prefer to focus on. -More difficult exercise movements for men in the chest, shoulders, and biceps. -Mid-section (core), and even neck training exercises included. -All of your major muscle groups can be target and addressed effectively in this home workout guide. -Little to no equipment required. -Save on your gym membership. BONUS: How to Make Your Own Strap Suspension Trainer Guide. BONUS: Progress charts included to keep track of your efforts and achievements. BONUS: Calorie tracker spreadsheet tool to keep you on track with your calorie intake. BONUS: Food database with over...



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This publication is definitely worth buying. It can be loaded with wisdom and knowledge I am easily could possibly get a satisfaction of looking at a composed publication.

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Very helpful to all type of individuals. It really is rally interesting throgh looking at time. Its been designed in an extremely basic way which is just soon after i finished reading this pdf through which basically modified me, change the way i believe.

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