



## Maximise Your Fitness Potential (for All Levels)

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By Wayne Lambert

Amanda Jervis. Paperback. Book Condition: New. Paperback. 342 pages. Dimensions: 9.0in. x 6.0in. x 0.8in. About the Author Wayne spends his spare time raising money for various charities, boxing, travelling, reading and enjoying family life in Dubai where he lives with his wife and baby daughter. Profits from any commercial product or service are donated to various charities. Profits from this book are donated to Help for Heroes, Royal British Legion, and War Child. About the Book The book's most obvious concept is how you can exercise your body anywhere and this book is a mammoth of information, from actually how to keep a journal of your progress, to detailed explanations to why and how the exercises work. Conquer your fitness potential, inclusive of your aerobic, anaerobic, muscular endurance, strength and power to name only a few. Easy templates are provided within this book to help you. Basically all the work is done for you, from basic to intense programs depending on your fitness levels. . . you just have to read it and take action. Life is choice. . . choose to do it today! This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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