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Workout Routines to Do at Home: With Little or No Equipment

By Steve G Pease

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you want to workout and get in great shape? Do you never have time to do that? Working out at home can make your life easier than going to a gym. Do you have a hard time fitting a good workout into your busy day? Is the cost of a gym membership more than the value you feel you get from it? Working out at home can make your life easier by taking less time out of your busy schedule and saving money on your monthly budget. You can get a great full body weight workout at home with very minimal equipment. I have spent years working out at home, with very good results and you can do the same. Do you want to workout at home to save time and money? I have found and come up with several good and practical workout routines that you can modify to work every muscle in your body in the most efficient way to maximize your time working out. Having more time to fit a workout...



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