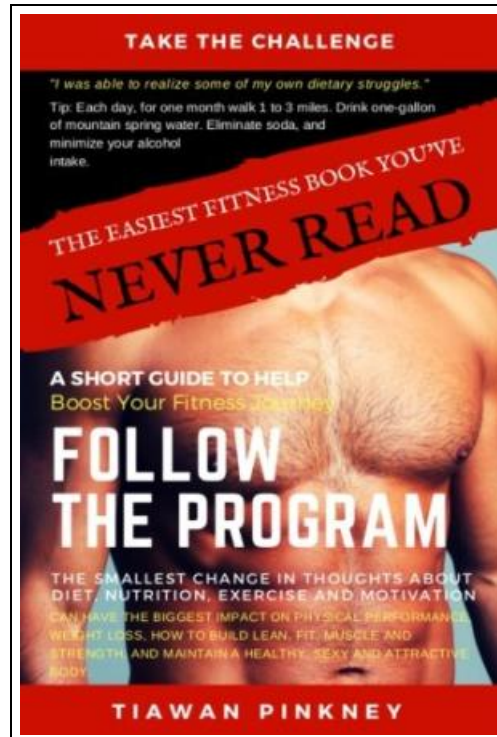


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### **Reviews**




*This publication can be really worth a go through, and superior to other. It is amongst the most amazing publication we have go through. You wont feel monotony at anytime of your own time (that's what catalogues are for about when you request me).  
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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. It s time to eliminate road blocks. Take a look within. Make a few changes, and experience life like never before. In this book, Tiawan Pinkney addresses topics that often leave individuals stuck at the starting line or stagnant in their pursuit of improved health. Drawn from a unique balance of science and experience, this book targets those who lack the knowledge, yet seek to lose or gain weight, build lean muscle and strength, increase endurance and stamina, change their eating habits, and begin consuming a proper nutrient-rich, healthy flexible diet. INCLUDED: 25 Exercise routines Over 105 exercises Newer innovative ways to exercise are popping up everywhere, so is the increasing availability of trainers. People are becoming more inspired to get off the couch, jump into a fitness program, or accept a shared social media challenge in hopes of launching their fitness journey, and shaping new habits. On the other hand, a large population of people are terrified by the idea of starting a fitness program and are intimidated by the mere thought of stepping into a gym. Each chapter provides information to better help navigate a life-long health and fitness journey while enabling readers to make educated decisions, discern fitness misconceptions, and effectively evaluate knowledge and know-how when choosing a fitness trainer. Inside, the author also addresses: How to get started on a fitness program, and why waiting to lose weight before starting a fitness program doesn t work. Fitness training variation; heavy lifting, building lean muscle and strength, while shedding pounds fast. Heavy weights-low repetitions vs. light weight-high repetitions. Where to start; resistance to cardio, cardio over resistance, or a healthy balance of both. Benefits that powerlifting (i.e., deadlifts, bench press, squats), and Olympic...

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