



The Simplest & Best Bodyweight Workouts: A Kick-Start for Fitness Newbies! (Fitness for Beginners)

Matt Henderson

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How To Get Started With Simple At-Home Workouts That Will Transform your Body!

These Workouts for Beginners will help you to get off the couch and actually ENJOY working out!

How this Book will help you:

Start at ANY LEVEL!

So many fitness books and programs out there today presume that you are already a fully-fledged fitness fanatic looking for a new program. When it comes to Fitness for Beginners, this is recipe for FAILURE! In this book you will be presented with simple, straightforward workouts that can be done by ANYONE, ANYWHERE, ANYTIME – especially if you are just starting out!

These Bodyweight Workouts Require NO Special Equipment!

So many fitness programs today presume that everyone has a treadmill in the house, an elliptical machine in the garage and a set of dumbbells on the back deck. This is just not true! These No-Equipment Workouts require nothing more than just your own body and the floor under your feet. As a result, all of these exercises can be done by ANYONE, ANYWHERE and ANYTIME! You could also use these as great Travel Workouts in a small hotel room!

Workouts "SCALE" to YOUR fitness level!

In most typical fitness programs, the intensity of the workouts are set by the instructor and when you are unable to keep up, it feels embarrassing – this is a recipe for FAILURE. All the workouts in this book are designed to "SCALE" to YOUR fitness level, whether you are just getting off the couch or if you have already been working out for some time.

Use these Quick Workouts in the Nooks & Crannies (Available Times & Spaces) of your Life!

Most fitness programs require that you set aside at least 40 minutes to an hour in order to fit in their workouts. In my life, this was simply impossible (3 boys, ages 4 & under!). This kind of "all-or-nothing" approach is self-defeating! In order to continue progressing, I had to learn how to use every little "nook & cranny" of time and space in my life to keep moving forward. Buy this book and learn the quick, simple and effective workouts that I learned to do while waiting for the water in my shower to warm up, while waiting for my coffee to brew and while waiting for a "service representative" to eventually pick up the phone! These "Anywhere Workouts" are the ammunition you need to trigger the physical transformation you are looking for!

About The Author: Matt Henderson is a fitness enthusiast and geek who admits that it is in reality the data that drives his passion to work out. Beyond this, Matt has a passion to help others experience the dramatic health benefits of transitioning from couch potato to fitness addict that he himself experienced as he lost over 50 pounds and reclaimed his love for personal athleticism.

If you are super busy and you want to get back in shape, then buy your copy of "The Simplest & Best Bodyweight Workouts" TODAY!!!

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Brandon Inouye:

In this period of time globalization it is important to someone to acquire information. The information will make professionals understand the condition of the world. The healthiness of the world makes the information better to share. You can find a lot of referrals to get information example: internet, classifieds, book, and soon. You will see that now, a lot of publisher in which print many kinds of book. The book that recommended for your requirements is The Simplest & Best Bodyweight Workouts: A Kick-Start for Fitness Newbies! (Fitness for Beginners) this book consist a lot of the information with the condition of this world now. That book was represented how can the world has grown up. The terminology styles that writer use to explain it is easy to understand. The writer made some analysis when he makes this book. Honestly, that is why this book ideal all of you.

Tammie Turman:

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