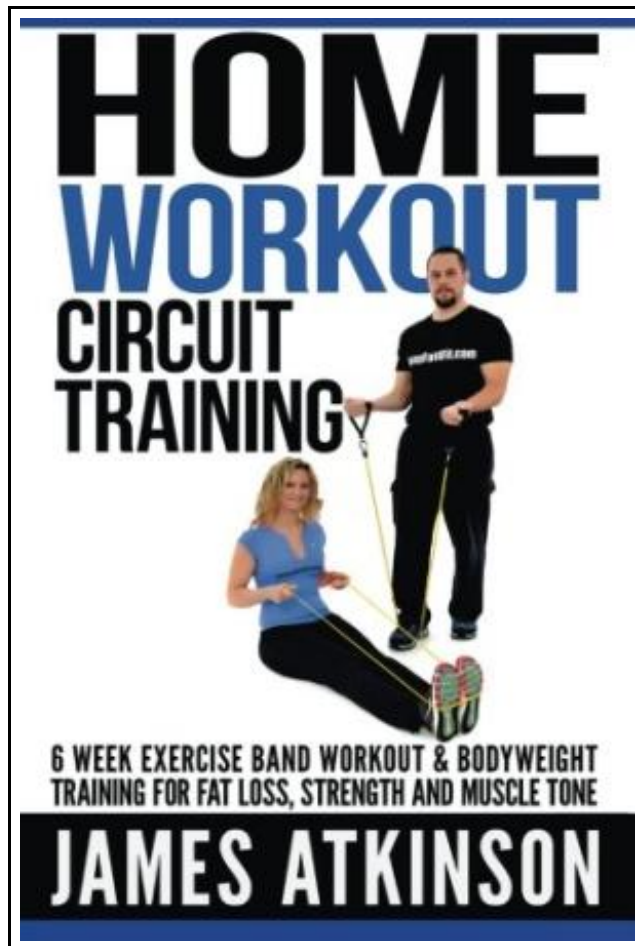


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 155 mm. Language: English . Brand New Book ***** Print on Demand *****. The most successful fitness and weight loss stories are from those who can self-motivate and are willing to learn. These qualities are more valuable than having the worlds most qualified and expensive personal trainer at your disposal If you are looking for a home workout fitness routine that: Can be done from your own home Uses minimal fitness equipment and utilises bodyweight training Is progressive for at least 6 weeks Is designed to effectively burn fat, tone muscle and develop cardiovascular fitness Won t take you more than 30 minutes four times a week Then this is the one for you! Hi, I m James Atkinson (Jim to my friends and readers). I m a qualified personal trainer/ fitness coach, competing bodybuilder and have a burning desire to help others reach their fitness goals. I have been training for over fifteen years. This training has taken me from long distance running to bodybuilding competition. It is fair to say that I have learned the secrets of weight loss and fitness from my own personal journey. I have been fat, skinny and muscle bound throughout my fitness career and I really feel fulfilment from helping and advising others when it comes to their goals. So I have designed this home workout training routine to effectively burn fat, tone muscle and develop cardiovascular fitness. In this day and age, the pace of life is fast for many, and there are probably millions of people that would say that they haven t got enough time to lose fat, tone up or work on developing their fitness. But my home workout routine is not something that will take...



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