



Home Workout: Home Workout For Beginners: The Home Workout Plan On How To Get Fit For Life (Home Workout For Beginners, Home Workout Plan, Exercise And Fitness for beginners Book 1)

Elle Petersen

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A Simple Workout Plan for Beginners on How to Exercise at Home – NEW EDITION – upgraded and with several chapters added + Free Bonus E-book included with purchase!

Today only, get Home Workout For Beginners - an Amazon beginner's guide, for a limited time low offer price! Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.

You're about to discover how to get fit and healthier than ever by just exercising at home. The best thing about this home workout plan is that the exercises in it require no equipment, no expensive membership at the gym, but just an open place in your home. Starting from making a plan, to simple and easy workouts, to beginner body weight circuits, this book has something for everyone, and the method is easy to implement. This is also a good option for those of you who want to lose weight by doing exercises at home and eating healthy.

Here Is A Preview Of What You Will Learn Inside Home Workout For Beginners...

- Why and how exercise is important
- How often you should exercise
- About healthy eating
- Making a workout plan
- A complete variation of simple exercises perfect for your home
- Beginner body weight circuit
- The importance of warming up and cooling down
- Additional tools for your home workout
- Positive reinforcements for a much healthier you
- BONUS GIFT: get a 50-page E-book for FREE on how to improve your health further!

Much, much more!

Download your copy today and get started right away!

You will be amazed of how easy it can be to work out at home. Have you noticed how gyms today are sometimes so loaded with people, that it is actually hard to work out once you get there? You don't need to spend your money and extra time on going to a gym if you don't want to. Exercising at home with a good plan works just as well. The exercises presented in this book can also be adjusted and implemented according to your individual preconditions. Nevertheless, this book will help you stay fit and at good health while staying at home.

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Steve Domingo:

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Clifford McDaniel:

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