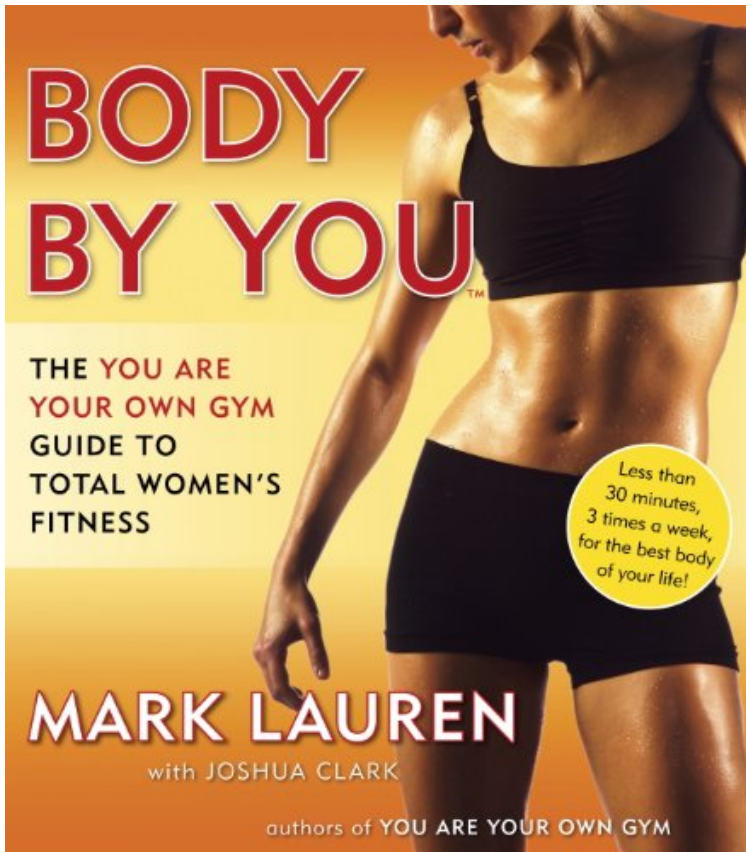


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Body by You: The You Are Your Own Gym Guide to Total Women's Fitness



Par Mark Lauren, Joshua Clark
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Description :

Prsentation de l'diteurBURN FAT, NOT TIME The ultimate get-in-shape-fast, at-home, no-equipment-required program designed especially for womenfrom the ultra-fit Special Operations trainer and author of You Are Your Own Gym Say goodbye to long, tedious hours at the gym and boring, muscle-depleting cardio exercises. Elite trainer and fitness guru Mark Lauren is here to show you that the bestand onlyequipment you need to get in shape is free and always accessible: your own body. This quick and easy program will save you time, money, and maybe your life. In less than thirty minutes, three times a weekand with no machinery or weightsyou can achieve the toned arms, flatter abs, tighter buns, and killer legs youve always wanted. You wont build bulk, youll build strength, and turn your body into a fat-burning machine.

Featuring 120 different exercises in five movement categoriesPulling, Squatting, In-Line Pushing, Perpendicular Pushing and Bendingand with three ascending levels of difficulty, Body by You ensures that youll never get bored by the same static workout. And with such a small time commitmentless than one percent of your time every week!it is a fun program that can be effortlessly incorporated with your work and family plans. With Mark Lauren as your motivational guide and nutritional coach, Body by You will help you meet your individual fitness goals. Ultimately, its not about moving through the gym with ease, its about

moving through your life with ease, leaner, stronger, more confident, and with more energy. Presentation de l'auteur
BURN FAT, NOT TIME The ultimate get-in-shape-fast, at-home, no-equipment-required program designed especially for women from the ultra-fit Special Operations trainer and author of *You Are Your Own Gym*. Say goodbye to long, tedious hours at the gym and boring, muscle-depleting cardio exercises. Elite trainer and fitness guru Mark Lauren is here to show you that the best and only equipment you need to get in shape is free and always accessible: your own body. This quick and easy program will save you time, money, and maybe your life. In less than thirty minutes, three times a week and with no machinery or weights you can achieve the toned arms, flatter abs, tighter buns, and killer legs you've always wanted. You won't build bulk, you'll build strength, and turn your body into a fat-burning machine. Featuring 120 different exercises in five movement categories: Pulling, Squatting, In-Line Pushing, Perpendicular Pushing and Bending and with three ascending levels of difficulty, *Body by You* ensures that you'll never get bored by the same static workout. And with such a small time commitment—less than one percent of your time every week!—it is a fun program that can be effortlessly incorporated with your work and family plans. With Mark Lauren as your motivational guide and nutritional coach, *Body by You* will help you meet your individual fitness goals. Ultimately, it's not about moving through the gym with ease, it's about moving through your life with ease, leaner, stronger, more confident, and with more energy.

Biographie de l'auteur
Mark Lauren is a military physical training specialist for the Special Operations community, a sought-after personal trainer to civilian men and women of all fitness levels, a triathlete, a champion Thai boxer, and the author of the internationally popular body-weight bible *You Are Your Own Gym*. He lives in Tampa, Florida. Joshua Clark is the author of *Heart Like Water: Surviving Katrina and Life in Its Disaster Zone*, a finalist for the National Book Critics Circle Award. The founder of Light of New Orleans Publishing, he has edited such books as *French Quarter Fiction*; *Southern Fried Divorce*, *Louisiana: In Words*; and *How You Can Kill Al Qaeda (in 3 Easy Steps)*. He is also a certified personal trainer, who has not set foot in a gym since Hurricane Katrina closed his fitness center.