

P90x Fitness Guide

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The Primal Blueprint
The Big Picture
The 90-Day Home Workout Plan
15 Minutes to Fit
Ultimate Guide to Twitter for Business

Bigger Leaner Stronger

Have a new husband by Friday? Is that even possible? Dr. Kevin Leman says it is.

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The New York Times bestselling author and self-help guru shows even the most frustrated wife how she can have a new husband by Friday. Lemman reminds any wife that if what she's doing to get better behavior out of her husband isn't working now, it never will. So it's time for a change. That means it's time to change her own patterns of behavior. Here's how Lemman suggests she handle it day to day:

Monday: Secrets Revealed: Cracking the Male Code Yes, you're different species, but you can work together in harmony. Tuesday: Creatures from Another Planet . . . or Creatures of Habit? To understand men, you have to track 'em to their den. Wednesday: Think about What You Want to Say, Then Divide It by Ten How to talk so your guy will really listen . . . and listen so your guy will really talk. Thursday: Think of Him as a Seal Waiting for a Three-Pound Fish Why making love to your man is a key to who he is and how satisfied he'll be, and what's in it for you. Friday: It Takes a Real Woman to Make a Man Feel like a Real Man How to open your man's heart, revolutionize your love life, and turn him into the knight you've always dreamed of.

Natalie Jill's 7-Day Jump Start

Fitness expert Adam Zickerman presents a revolutionary exercise program – slow strength training – that will forever change the way people work out. The Power of 10 seems to contradict nearly everything we're accustomed to hearing about exercise. Forget hours on the treadmill, and forget daily visits to the gym. This new

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program offers 20 minute workout sessions, once or twice per week, with an alluring emphasis on rest and recovery on your days off. The principle behind The Power of 10 is simple: by lifting weights in slow motion, making each rep last 20 seconds (10 seconds lifting and 10 seconds lowering) instead of the typical 7 seconds, you can maximize muscle transformation. The short workouts are so effective that your body will need days to recover and repair properly. Studies have shown that such routines can increase lean body mass, help burn calories more efficiently, and prevent cardio-vascular disease more effectively than aerobic exercise alone.

The Buzz on Exercise & Fitness

Features the latest research on plyometrics and describes one hundred plyometric exercises to enhance speed, quickness, strength, power, coordination, balance, and jumping capacity.

SuperLife

Who should you follow? How many people should you follow? How often should you tweet? Most people don't get Twitter. Longtime internet guru Ted Prodrumou shows you how to become someone who does. Set to prove that 140 characters or

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less and a hashtag can dramatically grow your brand and your business, Prodromou takes you step by step into the Twitterverse and shows you how to tweet your way to the top of your industry.

Beyond Training

Perfect for beginning and advanced fitness practitioners alike, this is an in-depth look into the most magnificent machine ever created--the human body. Using detailed anatomical illustrations, *New Anatomy for Strength and Fitness Training* provides you visual insight into what happens to this organic machine during exercise--muscles and tendons working in concert to strengthen your body's building blocks. With a basic knowledge of how the body works, you can buff up your body with more than 75 selected exercises, grouped by body region and involving gym machines, free weights, and body weight/stretching, as well as yoga and Pilates. Each exercise is vividly illustrated by a full-color anatomical illustration of the targeted muscles, together with instructions on execution and technique.

Run to the Finish

Building muscle has never been faster or easier than with this revolutionary once-a-week training program *In Body By Science*, bodybuilding powerhouse John Little

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teams up with fitness medicine expert Dr. Doug McGuff to present a scientifically proven formula for maximizing muscle development in just 12 minutes a week. Backed by rigorous research, the authors prescribe a weekly high-intensity program for increasing strength, revving metabolism, and building muscle for a total fitness experience.

Body For Life

If there's one obstacle to selling wellness books to guys, it's this: none of them are written by professional wrestlers. In the nick of time, the one and only DDP-Diamond Dallas Page-steps out of the ring and onto the mat to offer Yoga for Regular Guys. Most yoga books marketed to men are earnest and straightforward. Yoga for Regular Guys brims with guy humour and an extremely irreverent attitude but still manages to pack in a legitimate, comprehensive and rigorous introduction to real yoga practice. The foreword is written by Rob Zombie of the band White Zombie.

Crush It!

Anatomy of Exercise for Longevity

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From an elite Special Operations physical trainer, an ingeniously simple, rapid-results, do-anywhere program for getting into amazing shape For men and women of all athletic abilities! As the demand for Special Operations military forces has grown over the last decade, elite trainer Mark Lauren has been at the front lines of preparing nearly one thousand soldiers, getting them lean and strong in record time. Now, for regular Joes and Janes, he shares the secret to his amazingly effective regimen—simple exercises that require nothing more than the resistance of your own bodyweight to help you reach the pinnacle of fitness and look better than ever before. Armed with Mark Lauren’s motivation techniques, expert training, and nutrition advice, you’ll see rapid results by working out just thirty minutes a day, four times a week—whether in your living room, yard, garage, hotel room, or office. Lauren’s exercises build more metabolism-enhancing muscle than weightlifting, burn more fat than aerobics, and are safer than both, since bodyweight exercises develop balance and stability and therefore help prevent injuries. Choose your workout level—Basic, 1st Class, Master Class, and Chief Class—and get started, following the clear instructions for 125 exercises that work every muscle from your neck to your ankles. Forget about gym memberships, free weights, and infomercial contraptions. They are all poor substitutes for the world’s most advanced fitness machine, the one thing you are never without: your own body. From the Trade Paperback edition.

Get Real and Stop Dieting!

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Mention the name Bill Phillips to any of the people he's helped transform and you will see their faces light up with appreciation and respect. These people include: Hundreds of thousands of men and women who read his magazine for guidance and straightforward information about exercise, nutrition, and living with strength. Elite professional athletes, among them John Elway, Karl Malone, Mike Piazza, and Terrell Davis who have turned to Phillips for clear-cut information to enhance their energy and performance. People once plagued by obesity, alcoholism, and life-threatening ailments who accepted a personal challenge from Bill Phillips and, with his help, have regained control of their bodies and their lives. When you begin to apply the information in this book, you will be proving to yourself that astounding changes are within your grasp too. And, you will discover Body-for-LIFE is much more than a book about physical fitness - it's a gateway to a new and better life, a life of rewarding and fulfilling moments, perhaps more spectacular than you've ever dared to dream before. Within 12 weeks, you too are going to know - not believe, but know : that the transformation you've created with your body is merely an example of the power you have to transform everything else in your world. In language that is vivid and down-to-earth, Bill Phillips guides you, step by step, through the integrated Body-for-LIFE Program, which reveals: How to lose fat and increase your strength by exercising less, not more; How to tap into an endless source of energy by living with the Power Mindset™; How to create more time for everything meaningful in your life; How to trade hours of aerobics for

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minutes of weight training with dramatic results; How to make continual progress by using the High-Point Technique™; How to feed your muscles while starving fat with the Nutrition-for-LIFE Method™; How thousands of ordinary people have now become extraordinary and how you can, too; How to gain control of your body and life, once and for all. The principles of the Body-for-LIFE Program are surprisingly simple but remarkably powerful. So allow yourself to experience the force of the information in this book, allow yourself to take your mind, your body, your life to a higher point than you may have ever dreamed you could. All in as little as 12 weeks.

Bring It!

Creator of the best-selling P90X workout series, Tony Horton shows you how to Bring It! for the results you want. Over the past 25 years, Tony Horton has helped millions of people--from stay-at home moms to military personnel to list celebrities--transform their bodies and their lives with innovative workouts and cutting-edge advice. Now in his first book he shares the fundamentals of his fitness philosophy with millions more, revealing his secrets for getting fit and healthy and melting away pounds. One-size-fits-all diets and exercise regimens just don't work--that's why Tony creates unique programs for each of his clients. In Bring It! he shows you how to build your own diet and fitness plan tailored to your individual lifestyle, preferences, and goals. With a Fitness Quotient (FQ) quiz designed to

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assess your likes, dislikes, and current fitness level, you can choose the program that's right for you. In photographs and easy-to-follow instructions, Tony demonstrates his unique moves and exercise combinations that include cardio fat burners, lower body blitzers, core strengthening, plyometrics, yoga, and more. You'll also discover Tony's fat-blasting eating plan and detox tips, delicious recipes, and mental motivators. Whether you've never been to the gym before, are looking to get bikini ready, or simply want to take your workout to the next level, Tony Horton can give you the results you've been looking for. A better body--and future--is possible when you commit to change. Get ready to Bring It!

Anatomy for Strength and Fitness Training

Gaining Weight the Healthy Way: How to Gain Weight Safely and Effectively!

The diet that works faster and forever! SUPER SHRED Using the same principles—meal spacing, snacking, meal replacement and diet confusion—that made his SHRED a major #1 bestseller—Dr. Ian K. Smith has developed what dieters told him they needed: a quick-acting plan that is safe and easy to follow at home, at work, or on the road. SUPER SHRED It's a program with four week-long

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cycles: --Foundation, when you'll eat four meals and three snacks a day, start shedding pounds and set yourself up for success --Accelerate, when you'll kick it up and speed up weight loss --Shape, the toughest week in the program, and the one that will get your body back by keeping it guessing --Tenacious, a final sprint that cements your improved eating habits and melts off those last stubborn pounds The SHRED system never leaves you hungry. It's a completely new way to lose weight, stay slender, and feel fantastic about your body, mind and spirit! Includes more than 50 all-new recipes for meal replacing smoothies and soups!

Finding Your Own Fountain of Youth: The Essential Guide to Maximizing Health, Wellness, Fitness & Longevity

Part Tony Robbins, part Mehmet Oz, here is fitness guru and creator of P90X Tony Horton's wake-up call for readers—a motivational and practical guide to creating a better life and a healthier body. One of America's best-known and most-loved fitness gurus, "master of motivation" Tony Horton shares his philosophy that will help you live your best life. In his first non-workout book, he offers 11 Rules that provide a clear path and purpose for achieving life goals and obtaining optimal health. Written with his trademark irreverence, candor, and take-no-prisoners approach, The Big Picture shows you how your physical health is intricately linked to your mental, financial, and family health, and overall happiness and

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contentment—and how the same skills and principles that work in the gym work in every area of life. Tony shares stories of the hard-won battles he’s faced—many of the same life challenges experienced by his fans—from childhood bullies and problems at school, to financial troubles and being overweight. Enlightening and practical, *The Big Picture* can help you how to slim down, feel good, and live better.

Have a New Husband by Friday

Diet.

Supertraining

A new addition to an innovative series with sales exceeding 250,000.

An Ultimate Home Workout Plan Bundle

Perfect for beginning and advanced fitness practitioners alike, this is an in-depth look into the most magnificent machine ever created--the human body. Using detailed anatomical illustrations, *New Anatomy for Strength and Fitness Training* provides you visual insight into what happens to this organic machine during exercise--muscles and tendons working in concert to strengthen your body's

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building blocks. With a basic knowledge of how the body works, you can buff up your body with more than 75 selected exercises, grouped by body region and involving gym machines, free weights, and body weight/stretching, as well as yoga and Pilates. Each exercise is vividly illustrated by a full-color anatomical illustration of the targeted muscles, together with instructions on execution and technique.

New Anatomy for Strength & Fitness Training

YouTube workout video star Zuzka Light presents her long-awaited debut fitness book, with a 30-day fitness regime of powerful, effective 15-minute workouts. Filming first from a tiny basement in Prague, and eventually settling in Los Angeles, Zuzka Light has single-handedly ushered in the YouTube fitness revolution. Viewers love Light for her short, ferociously effective workouts and her in-the-trenches, never-give-up positive attitude—and she's racked up more than half a billion views to prove it. Now, finally, comes 15 Minutes to Fit, Light's hotly anticipated debut, with a 30-day fitness plan guaranteed to burn fat and build ripped muscles. Based on innovative high-intensity interval training, the workouts in 15 Minutes to Fit are designed to be done anywhere, anytime (no fancy gym equipment necessary), in just 15 minutes a day. This book takes the guesswork out of the workout, providing:

- A 30-day workout plan to whip your body into shape—in 15 minutes a day or less
- A companion meal plan, with delicious and healthful recipes for each day
- Step-by-step photographs throughout to illustrate

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proper form for the workouts • Quick facts on health and nutrition to help readers separate fact from fiction • Support and motivation from Light, who overcame many obstacles to become the female face of fitness As Light says, “Give me 15 minutes a day and I’ll give you a badass body.” Coauthored by New York Times–bestselling author Jeff O’Connell, 15 Minutes to Fit is the book legions of fans have been waiting for.

Power to the People!

There is something terribly wrong with the state of exercise as we know it presently. Sales of treadmills, running shoes, gym memberships, and yoga classes are at an all-time high, but so too are our national levels of obesity and type II diabetes. Ever since the 1960s the exercising public has been told to stretch for flexibility and to perform low-intensity steady-state aerobic exercise for their cardiovascular systems and some form of resistance training to keep their muscles strong. With regard to diet, they have been told to restrict or omit macronutrients such as fats and carbohydrates and lots of other advice with regard to calorie-counting. Could it be that this information, however well intended, was mistaken? And is it really necessary to devote so much time to the pursuit? Fitness researcher and pioneer John Little has spent more than twelve years researching the actual science underpinning our most prevalent beliefs about exercise and has come away from the enterprise convinced that we need an entirely new paradigm, one

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that would involve reliance on briefer workouts. He presents this revolutionary new approach in *The Time-Saver's Workout*. Among the fascinating revelations presented in this book:

- Certain types of exercise can actually make you less healthy and fatter.
- Taking large doses of food supplements might actually shorten your life and put you at greater risk for disease.
- Stretching to become more flexible or to recover quicker from injury has been found to do neither of these things.
- Resistance training, once considered to be the weak sister of exercise, is now looking like the best form of exercise one should engage in. The new protocols that Little exposes offer a far safer alternative for those looking to become stronger, fitter, and healthier without spending their lives in the gym.

New Anatomy for Strength & Fitness Training

Presents a program for improving health that consists of a natural foods diet, a fitness plan that balances low- and high-intensity exercises, and lifestyle changes.

Fix Your Body, Fix Your Swing

The shock method * The development of adaptation process during the long term sport activity * The "compensatory adaptation" * Current Adaptive Reserve of the human organism * The strategy to manage the adaptation in the training process *

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The specificity of protein synthesis in the adaptation process * The structural reconstructions during the adaptation process and the phenomenon of Supercompensation * Heterochronism of adaptive reconstructions * The function efficiency in a high - adapted organism * The optimal regime of adaptation * The phenomenon of immune defence decrease * The general schema of adaptation process during the sport activity * The practical aspects of the Adaptation Theory * The future developments of the use of Adaptation Theory in sport This book is a must have for any athlete or coach. Every topic is covered in almost 600 pages. * Strength and the muscular system * Philosophy of physical training * The muscle complex * Adaptation and the training effect * Sport specific strength training * Factors influencing strength production * The means of special strength training * The methods of special strength training * Organization of training * Strength training methods * Designing sports specific strength programs * Restoration and stress management * Combination of resistance methods * The use of testing * Overtraining * PNF as a training system * Models for structuring the annual training * Preparedness and the training load * Periodisation as a form of organization * Plyometric

BodyBoss Ultimate Body Fitness Guide

Functional Fitness contains exercises that focus on activities everyone needs to be healthy, fit, and successful in everyday life. Regardless of whether you are working

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out or are working as a personal trainer with busy executives, overweight clients, back pain patients, injured athletes, or simply people who want to function better in daily life, functional training helps you to handle daily tasks more easily and more simply. • From the functional fitness trainer with the most experience • Intense training units for maximum results • Detailed photos and explicit descriptions of all exercises Lamar Lowery: "Functional fitness is the best training for your everyday life!"

The Time-Saver's Workout

In this groundbreaking health and lifestyle guide, Darin Olien—superfoods expert, nutritionist, creator of Shakeology, and co-host of the Netflix docuseries *Down to Earth* with Zac Efron—provides the key to understanding and utilizing five life forces, the sole factors that determine whether or not we will be healthy, fit, and free of illness. In *Superlife*, Darin Olien provides us with an entirely new way of thinking about health and wellbeing by identifying what he calls the life forces: Quality Nutrition, Hydration, Detoxification, Oxygenation, and Alkalization. Olien demonstrates in great detail how to maintain these processes, thereby allowing our bodies to do the rest. He tells us how we can maintain healthy weight, prevent even the most serious of diseases, and feel great. He explains that all of this is possible without any of the restrictive or gimmicky diet plans that never work in the long term. Olien has traveled the world, exploring the health properties of

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foods that have sustained indigenous cultures for centuries. Putting his research into practice, he has created a unique and proven formula for maximizing our bodies' potential. He also includes a "How-to-eat" user's guide with a shopping list, advice on "what to throw away," a guide to creating a healthy, balanced diet plan, and advice on how to use supplements effectively. Written in Olien's engaging conversational style, Superlife is a one-of-a-kind comprehensive look at dieting and nutrition, a timeless and essential guide to maintaining the human body and maximizing its potential.

Fitness Study Guide

Learn how your muscles work before you work your muscles Perfect for beginning and advanced fitness practitioners alike, this is an in-depth look into the most magnificent machine ever created--the human body. Using detailed anatomical illustrations, Anatomy for Strength and Fitness Training provides you visual insight into what happens to this organic machine during exercise--muscles and tendons working in concert to strengthen your body's building blocks. With a basic knowledge of how the body works, you can buff up your body with the book's 90 exercises, grouped by body region and involving gym machines, free weights, and body weight/stretching, as well as yoga and Pilates. Each exercise is vividly illustrated by a full-color anatomical illustration of the targeted muscles, together with instructions on execution and technique.

Fitness Video Vibes

The new healthy eating and lifestyle book from the inspirational and widely followed personal trainer, Kayla Itsines.

Body by Science

Provides exercise tips and fitness facts for individuals of all fitness levels, combined with inspirational advice and anecdotes from fitness gurus.

Functional Fitness

It's time you had a smooth, fluid swing like PGA Tour pros Golf tips and swing advice can only take you so far. In order to truly correct a flawed swing, the causes of the problems must be treated, not the symptoms. A bad swing doesn't always mean that you're doing things wrong---it's just that your body isn't letting you do things right. By understanding and changing your body you'll be able to correct your mechanics naturally so you can take your game to the next level. With the exact workouts used by some of the Tour's best golfers, as well as input and advice straight from the players themselves, this revolutionary golf-fitness book incorporates the latest in biomechanics research to fix swing flaws while

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strengthening the body's core and improving strength and balance to help golfers of all levels swing more like the pros. Beginning with assessments that determine where a golfer's body is too tight, not strong enough or out of balance, Fix Your Body, Fix Your Swing then provides specific, easy-to-follow exercises that correct whatever problems or limitations were revealed in the assessments. Just three twenty-minute workout sessions a week (only one hour a week!) will help anyone become a better golfer with a healthier, stronger body.

The Bikini Body 28-Day Healthy Eating & Lifestyle Guide

If you want to be muscular, lean, and strong as quickly as possible without steroids, good genetics, or wasting ridiculous amounts of time in the gym and money on supplements then you want to read this book. Here's the deal: Getting into awesome shape isn't nearly as complicated as the fitness industry wants you to believe. You don't need to spend hundreds of dollars per month on the worthless supplements that steroid freaks shill in advertisements. You don't need to constantly change up your exercise routines to "confuse" your muscles. I'm pretty sure muscles lack cognitive abilities, but this approach is a good way to just confuse you instead. You don't need to burn through buckets of protein powder every month, stuffing down enough protein each day to feed a third world village. You don't need to toil away in the gym for a couple of hours per day, doing tons of sets, supersets, drop sets, giant sets, etc. (As a matter of fact, this is a great way

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to stunt gains and get nowhere.) You don't need to grind out hours and hours of boring cardio to shed ugly belly fat and love handles and get a shredded six-pack. (How many flabby treadmillers have you come across over the years?) You don't need to completely abstain from "cheat" foods while getting down to single-digit body fat percentages. If you plan cheat meals correctly, you can actually speed your metabolism up and accelerate fat loss. In this book you're going to learn something most guys will never know: The exact formula of exercise and eating that makes putting on 10 to 15 pounds of quality lean mass a breeze and it only takes 8-12 weeks. This book reveals secrets like The 6 biggest myths and mistakes of building muscle that stunt 99% of guys' muscle gains. (These BS lies are pushed by all the big magazines and even by many trainers.) How to get a lean, cut physique that you love (and that girls drool over) by spending no more than 5 percent of your time each day. The 4 laws of muscle growth that, when applied, turn your body into an anabolic, muscle-building machine. You'll be shocked at how easy it really is to get big once you know what you're doing How to develop a lightning-fast metabolism that burns up fat quickly and leaves you feeling full of energy all day long. The carefully-selected exercises that deliver MAXIMUM results for your efforts, helping you build a big, full chest, a wide, tapered back, and bulging biceps. A no-BS guide to supplements that will save you hundreds if not THOUSANDS of dollars each year that you would've wasted on products that are nothing more than bunk science and marketing hype. How to get shredded while still indulging in the "cheat" foods that you love every week like pasta, pizza, and

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ice cream. And a whole lot more! The bottom line is you CAN achieve that "Hollywood hunk" body without having your life revolve around it--no long hours in the gym, no starving yourself, no grueling cardio that turns your stomach. Imagine, just 12 weeks from now, being constantly complimented on how you look and asked what the heck you're doing to make such startling gains. Imagine enjoying the added benefits of high energy levels, no aches and pains, better spirits, and knowing that you're getting healthier every day. **SPECIAL BONUS FOR READERS!** With this book you'll also get a free 75-page bonus report from the author called "The Year One Challenge." In this bonus report, you'll learn exactly how to train, eat, and supplement to make maximum gains in your first year of training. By applying what you learn in the book and in this report, you can make more progress in one year than most guys make in three, four, or even five (seriously!). Scroll up, click the "Buy" button now, and begin your journey to a bigger, leaner, and stronger you!

Power of 10

Jumping Into Plyometrics

In this four-session video-based Bible study (DVD/digital video sold separately),

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The Daniel Plan team explores both the spiritual and the health benefits of following a healthy lifestyle by focusing on the third essential of The Daniel Plan: Fitness. Sessions include: Becoming Daniel Strong Discover Movement You Enjoy Get a Metabolic Makeover Breaking through the Wall Each session will highlight testimony from those who have incorporated The Daniel Plan into their everyday lifestyle, plus tips on getting started and medically-based information on maintaining a healthy lifestyle by following The Daniel Plan. Each of the other DVD/Study Guides will focus on another essential: Faith, Food, Focus, and Friends. Designed for use with the Fitness Video Study (sold separately).

Yoga for Regular Guys

Are you too Thin? Be the Guy You Want to Be with Real Weight Gain! The end result is that if you're skin-and-bones and you live in our fattened-up society, you wind up losing respect, confidence and opportunities. That's not the way to live a life, so I created this eBook. This book has been designed to help you: 1. Practice good, safe diet and exercise plans. 2. Put on weight the healthiest way. 3. Eat the "right" foods to bulk up. 4. Remain healthy throughout the weight-gaining process. (And this process will be slow, as you don't want to put on weight too quickly.) 5. Change life habits that are contributing to your thinness.

You Are Your Own Gym

All the Workouts You Will EVER Need in One Book! Whether you're just starting out or starting again, this comprehensive book of workout plans will help you drastically improve your physique and fitness level In the world of fitness, three-month workout plans are everywhere you turn. You've even seen plenty of them in magazines, online articles and books over the years. Are they effective? Absolutely. But, what if you want to change up your workout program? Or, what if you want to target problematic areas like your butt, gut, or arms? Then, "An Ultimate Home Workout Plan Bundle" has everything you will need in one book! The Real Struggle is Having Specific Workout Routines for Anywhere to Use at Any Time Most people have the desire and capacity to exercise, but the lack of resources and time stop them from ever getting started. Sleepiness keeps you from getting to an early morning boot camp or a small apartment keeps you from making room for weights and equipment. Real-life obstacles like these can prevent you from exercising at home or the gym. "An Ultimate Home Workout Plan Bundle" helps you overcome typical obstacles that continually get in your way. By identifying detailed solutions, this book will help you experience a personal breakthrough and achieve your best health and fitness goals. This bundle of AWESOME home workout plans includes: Workouts designed to be done in less than an hour in a step-by-step plan Minimal equipment needed - do from home or at the gym Great full color pictures for quick exercise references Learn how to

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maximize the most out of your time with your workout Different exercise routines for each day of the week Includes exercises for all levels, from the beginner to the athlete Build strength, endurance, core development and flexibility "The 90-Day Home Workout Plan" "The ABC Workout Plan: Firm, Tone, and Tighten Your Abs, Butt, and Core" "The Chest and Arms Workout Plan: Firm, Tone, and Tighten Your Upper Body" "The 15-Minute Standing Abs Workout Plan: Ten Simple Core Exercises to Firm, Tone, and Tighten Your Midsection" And, much more! Scroll to the Top of the Page and Click the Buy Button to Start Your New Home Workout Plan today!

Super Shred: The Big Results Diet

How would you like to own a world class body-whatever your present condition- by doing only two exercises, for twenty minutes a day? A body so lean, ripped and powerful looking, you won't believe your own reflection when you catch yourself in the mirror. And what if you could do it without a single supplement, without having to waste your time at a gym and with only a 150 bucks of simple equipment? And how about not only being stronger than you've ever been in your life, but having higher energy and better performance in whatever you do? How would you like to have an instant download of the world's absolutely most effective strength secrets? To possess exactly the same knowledge that created world-champion athletes-and the strongest bodies of their generation? Pavel Tsatsouline's Power to

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the People!-Russian Strength Training Secrets for Every American delivers all of this and more.

The Primal Blueprint

"The New Primal Blueprint serves as the ultimate road map for anyone wishing to make the shift from flawed conventional wisdom about diet and exercise to a healthy, happy empowering lifestyle patterned after the evolutionary-tested behaviors of our hunter-gatherer ancestors. The book details the ten immutable Primal Blueprint lifestyle laws that enable empower you to reprogram your genes to direct in the direction of weight loss, health, and longevity. The Primal Blueprint laws are validated by two million years of human evolution as well as an ever-expanding body of contemporary scientific research. Sisson's philosophy was originally met with skepticism as he aggressively challenged numerous mainstream health tenets. Eight years later, mainstream medical and health science are validating the Primal Blueprint tenets assertions that a high-carb, grain-based diet will make you fat, tired, and sick; that a consistent routine of medium-to-difficult cardiovascular workouts can actually compromise your health and longevity and increase risk of heart disease; and that consuming (whole food sources of) fat and cholesterol does not lead to heart disease as we have been led to believe, but rather offers many health benefits." --

The Total Fitness Manual

America's top personal trainer, holistic nutritionist and health expert, Ben Greenfield, shows you how to overcome common health-related training issues while optimizing your workouts so you can look, feel, and perform like a champion. You have amazing physical goals. You want the best body you can get. You want to look, feel, and perform like a champion. So you beat yourself up with tough training, day after day, week after week, month after month. As a result, you're held back by frustrating issues like brain fog, broken gut, hormone depletion, heart problems, and destroyed joints--limited to living at a fraction of your peak capacity and powerless to tap into your full potential and achieve your dreams. But it's possible to be healthy on the outside and on the inside. This book gives you every training, nutrition, and lifestyle solution you need to do it, including: -The 2 best ways to build endurance fast without destroying your body -Underground training tactics for maximizing workout efficiency -The best biohacks for enhancing mental performance and instantly entering the zone -How to know with laserlike accuracy whether your body has truly recovered -26 ways to quickly recover from workouts, injuries and overtraining -The 25 most important blood and saliva biomarkers and how to test them -5 essential elements of training that most athletes neglect -7 stress-fighting weapons to make your mind-body connection bulletproof -Proven systems to enhance sleep, eliminate insomnia, and conquer jetlag -40 high-calorie, nutrient-dense meals that won't destroy your metabolism -Tools for customizing

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your carbs, proteins and fats for your unique body and goals -9 ways to fix a broken gut, create toxin-free life, and detox your body -A complete system to safeguard your immune system and stomach -Potent time-efficiency tips for balancing training, work, travel, and family. Whether you're an extreme exercise enthusiast or just looking to shed a few pounds, this is the last book on training, endurance, health, and life you will ever need.

The Primal Blueprint

Over the past 25 years, Tony Horton has helped millions of people--from stay-at-home moms to military personnel to A-list celebrities--transform their bodies and their lives with innovative workouts and cutting-edge advice. Now, in his first enhanced e-book, Horton shows readers how to burn fat and build muscle with his ultra-extreme Warrior's Workout. Based on one of the toughest workouts in his book *Bring It!*, Horton created *Crush It!*, a fast-paced explanation of the Warrior's Workout. The e-book includes 26 videos of Tony demonstrating how to perform the moves and motivating viewers, as well as rich step-by-step photographs of the exercises.

The Big Picture

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Social media sensation, fitness trainer, and sports nutritionist Natalie Jill offers her popular 7 day jump start program for weight loss, with recipes and tips

The 90-Day Home Workout Plan

Inspiration and practical tips for runners who prioritize enjoyment over pace and embrace their place as an "average" runner In her first book, popular runner blogger Amanda Brooks lays out the path to finding greater fulfillment in running for those who consider themselves "middle of the pack runners" -- they're not trying to win Boston (or even qualify for Boston); they just want to get strong and stay injury-free so they can continue to enjoy running. *Run to the Finish* is not your typical running book. While it is filled with useful strategic training advice throughout, at its core, it is about embracing your place in the middle of the pack with humor and learning to love the run you've got without comparing yourself to other runners. Mixing practical advice like understanding the discomfort vs. pain, the mental side of running, and movements to treat the most common injuries with more playful elements such as "Favorite hilarious marathon signs" and "Weird Thoughts We all Have at the Start Line," Brooks is the down-to-earth, inspiring guide for everyone who wants to be happier with their run.

15 Minutes to Fit

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"Transform your body in just 12 weeks. Take the challenge"--Cover.

Ultimate Guide to Twitter for Business

Have You Ever Seen Any Workout Videos That Work?! Is the fact that you would like to know the best workout videos to improve your fitness but just don't know how and hence making your life difficult maybe even miserable? First, you are NOT alone! It may seem like it sometimes, but not knowing how to get better your skills is far more common than you'd think. Your lack of knowledge in this area may not be your fault, but that doesn't mean that you shouldn't -- or can't -- do anything to find out everything you need to know to finally be a success! So today -- in the next FEW MINUTES, in fact -- we're going to help you GET ON TRACK, and learn how you can quickly and easily get your skills under control for GOOD! With this product, and it's great information on work out videos will walk you, step by step, through the exact process we developed to help people get all the info they need to be a success. In This Book, You Will Learn: The Pit Work Out What is Turbo Fire? Strength Building Yoga Men's Health-15 Minutes Workout Billy Blank's Taebo T3

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