

Freeletic Cardio Plan

While it may seem impossible to imagine, LL Cool J didn't always have a diesel body—he chiseled it the old-fashioned way, with hard work and discipline. Together with his longtime trainer, Dave "Scooter" Honig, LL developed a revolutionary workout system that not only burns away body fat for good but also built the amazing muscle and flawless physique you see in every one of his latest music videos. In LL Cool J's Platinum Workout, LL let you in on the secrets of his transformation with his uniquely creative, yet no-nonsense regimen—enlivened with humor and sheer force of personality—he will inspire you to enjoy working out as never before, while building a body you never thought possible. LL Cool J and Scooter Honig blend standard free-weight lifts, plyometrics, fighters' moves, calisthenics, endurance training, and much more to create what they call their "combination platter"—a highly effective, dynamic, and diversified total-body workout. Whether you are just starting a program or looking to get to the next level, you can choose from four levels of fitness, from Bronze to Platinum, including: – THE BRONZE BODY: A 4- week beginners' program that will take inches off your waist and boost your energy. – THE SILVER BODY: A 5-week program for intermediates that increases strength while also maintaining muscular and cardiovascular endurance. – THE GOLD BODY: An advanced 9-week program that turns the body into a muscle-building fat-burning machine—complete with six-pack abs and as much energy as LL Cool J. – THE PLATINUM BODY: A hard-core 3-week fat-torching program LL used to prepare for his "Control Myself" video—a new level in ripped-to-the-bone fitness and sex appeal. – PLUS, THE DIAMOND BODY: A special 4-week program for women who want to shape up fast for summer or a special event. Jam-packed with photos of LL demonstrating exercises and complete with meal plans and recipes that will fuel your workouts while promoting fat loss, LL Cool J's Platinum Workout will transform your body and the way you think about exercise—for life.

This book discusses and assesses the latest trends in the interactive mobile field, and presents the outcomes of the 12th International Conference on Interactive Mobile Communication Technologies and Learning (IMCL2018), which was held in Hamilton, Canada on October 11 and 12, 2018. Today, interactive mobile technologies are at the core of many – if not all – fields of society. Not only does the younger generation of students expect a mobile working and learning environment, but also the new ideas, technologies and solutions coming out practically every day are further strengthening this trend. Since its inception in 2006, the conference has been devoted to highlighting new approaches in interactive mobile technologies with a focus on learning. The IMCL conferences have since established themselves as a valuable forum for exchanging and discussing new research results and relevant trends, as well as practical experience and best-practice examples. This book contains papers in the fields of: Interactive Collaborative Mobile Learning Environments Mobile Health Care Training Game-based Learning Design of Internet of Things (IoT) Devices and Applications Assessment and Quality in Mobile Learning. Its potential readership includes policymakers, educators and researchers in pedagogy and learning theory, schoolteachers, the learning industry, further education lecturers, etc.

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. In Body By Simone, Simone De La Rue, featured trainer on "Revenge Body with Khloe Kardashian", shares her fitness secrets and teaches women how to achieve an A-list body using her fun and unique strength training and cardio workouts. Considered the "next Tracy Anderson," Simone De La Rue has created a total body workout—a unique fusion of Pilates, bar method, strength training, and cardio dance moves—for women looking to lose weight, tone up, change up their routine, lose baby weight, or exercise while recovering from an injury. Her workouts are fast-paced, fun, and targeted for the muscle groups women most want to tone: arms, abs, glutes, and thighs. Filled with nearly 200 gorgeous color photos, Body By Simone features Simone’s eight-week plan that incorporates her dance-based cardio workouts and signature strength training moves. Here are workouts for all levels—beginning, intermediate, and advanced—and a self-assessment test to choose the right plan for you. Simone offers a breakdown for each week and a schedule for each day, including an overview of the week’s goals and challenges. Each week builds on the next to keep you challenged and engaged, and see the results you want. To boost weight loss and metabolism as well as naturally detox the body, Simone also provides a 7-day kick-start cleanse complete with recipes for simple meals, juices, and smoothies.

All you need to know about fertility, conception, and a healthy pregnancy

Calisthenics Lower Body Blitz

Living an Intermittent Fasting Lifestyle

28 by Sam Wood

Burpees. Love Them, Hate Them, Do Them

Freeletics

You Are Your Own Gym

Legends of Fitness details the history of the health and fitness industry, touching on the individuals who have had a noteworthy impact on the industry and highlighting the equipment innovations that have played such an important role in the evolution of the industry. Only by understanding the past, can individuals fully comprehend and overcome the challenges facing the industry, and more importantly, create a viable pathway for it to prosper in the future. All royalties from the sale of this book will be donated to Angie's Quest.

CHANGE YOUR THINKING, CHANGE YOUR SHAPE, CHANGE YOUR LIFE 28 By Sam Wood combines quick, simple, delicious meals with a daily 28 minute exercise program. In just a year of the program, personal trainer and The Bachelor favourite Sam Wood and his team have transformed more than 100,000 people's lives. Now, for the first time, the best of 28 by Sam Wood has been brought together in a book. Including 100 of Sam and nutritionist Steph Lowe's popular recipes for breakfast, lunch, dinner and snacks. All based on their philosophy that we should turn the healthy food pyramid upside down - and prioritise real food with as little human interference as possible. Alongside satisfying, achievable recipes for every time of the day, 28 By Sam Wood includes a monthly meal planner, a regime of tough but achievable exercises for every level, and advice on taking control of your weight, your health and your life today.

This book constitutes the refereed post-conference proceedings of the 7th International Conference on Mobile Communication and Healthcare, MobiHealth 2017, held in Vienna, Austria, in November 2017. The 34 revised full papers were reviewed and selected from more than 50 submissions and are organized in topical sections covering data analysis, systems, work-in-process, pervasive and wearable health monitoring, advances in healthcare services, design for healthcare, advances in soft wearable technology for mobile-health, sensors and circuits.

Calisthenics: Lower Body BLITZ! ► On Sale + FREE Bodyweight Training Program, Limited Time! ◀ Tired of the same old workout routines? Hit a plateau in your progress? Want to sculpt your lower body into SUPERHUMAN form? Keep reading! The #1 Lower Body Training Plan This book is part of a series which covers upper body, lower body and core bodyweight exercises. In this edition you will build up your legs and glutes like a GLADIATOR! Here's a sneak peak of what's inside: Introduction to how calisthenics works What calisthenics can do for YOU 35 bodyweight exercises + photographic demonstrations Expert advice on sets, reps and form Nutritional advice to maximize your results Full warm up and preparation tutorials Flexibility training Cardio and conditioning drills to blast body fat and get ripped Plan to transition from beginner > intermediate > advanced calisthenics fast 35 Exercises Demonstrated with Photos We've packed a whopping 35 exercises into this guide, complete with photos to show you EXACTLY how to perform each exercise. It's Easy as 1, 2, 3 We've broken down each exercise into small, easily understandable chunks. So, whether you are a complete beginner, intermediate or expert, you will be learning with PERFECT form. Free Training Program & More! When you purchase this book you will receive our calisthenics bumper pack to help you on your journey. Here's what's inside: BONUS #1 Get your very own beginners bodyweight training program FREE with this book! Features a full week of exercises to help you master the fundamentals of calisthenics. BONUS #2 Get our exclusive 'Six Pack Secrets' guide FREE with this eBook to help you build a rock solid core in double quick time! BONUS #3 Free expert calisthenics advice and support! Inside this book is your invitation to join our community and mix it with the pros. Follow the Professionals This book has been carefully crafted by professional calisthenics practitioners. Don't take the slow lane to success, join us and go SUPERHUMAN today! Buy now and get it FAST! Tags: calisthenics, bodyweight exercise, street workout, bodyweight training, mens fitness, calisthenics for beginners, legs, glutes, lower body, pure calisthenics

Muscle for Life

Get Fitter, Faster, and Stronger Using HIIT and Your Bodyweight

Sculpt Your Best Body Ever with Hollywood's Fittest Star

Embrace the Body You Have

A Woman's Guide to Building a Better Butt and Body

Get Lean, Strong, and Healthy at Any Age!

Healing PCOS

The first book by Christian Thibaudeau and a classic strength training book. The Black Book includes informations that are applicable regardless of your goal, bodybuilders, athletes, powerlifters and health enthusiasts will all get something out of it. Read the book that started it all!

The Jack Dorsey Way Greater Health, More Energy, A Longer Life: What the Founder of Twitter Has Discovered, And How It Can Work For You Permutted Press

Written 44 years after opening his world-famous Vince's Gym, 'Unleashing The Wild Physique' is a collection of Vince Gironda's thoughts concerning every aspect of bodybuilding culture.From training and nutrition, all the way to steroids and women's bodybuilding, Vince leaves no stone unturned. Unlike many training texts that have been written purely on theory and speculation, Vince's training philosophies have been molded from years of experience in the gym, and much trial and error.

Finally, the solution to the #1 reason we don't exercise: time. Everyone has one minute. A decade ago, Martin Gibala was a young researcher in the field of exercise physiology—with little time to exercise. That critical point in his career launched a passion for high-intensity interval training (HIIT), allowing him to stay in shape with just a few minutes of hard effort. It also prompted Gibala to conduct experiments that helped launch the exploding science of ultralow-volume exercise. Now that he's the worldwide guru of the science of time-efficient workouts, Gibala's first book answers the ultimate question:

How low can you go? Gibala's fascinating quest for the answer makes exercise experts of us all. His work demonstrates that very short, intense bursts of exercise may be the most potent form of workout available. Gibala busts myths ("it's only for really fit people"), explains astonishing science ("intensity trumps duration"), lays out time-saving life hacks ("exercise snacking"), and describes the fascinating health-promoting value of HIIT (for preventing and reversing disease). Gibala's latest study found that sedentary people derived the fitness benefits of 150 minutes of traditional endurance training with an interval protocol that involved 80 percent less time and just three minutes of hard exercise per week. Including the eight best basic interval workouts as well as four microworkouts customized for individual needs and preferences (you may not quite want to go all out every time), The One-Minute Workout solves the number-one reason we don't exercise: lack of time. Because everyone has one minute.

35 Bodyweight Exercises: the #1 Legs & Glutes Bodyweight Training Guide

The Black Book of Training Secrets

The Ultimate Resource for Remote Employees, Hybrid Workers, and Digital Nomads

Mobile Technologies and Applications for the Internet of Things

The Intermediate Build Program

A Whole-System Approach

Greater Health, More Energy, A Longer Life: What the Founder of Twitter Has Discovered, And How It Can Work For You

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 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 treadmills 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 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!

Hitch Fit's Micah Lacerte and Diana Chaloux provide insight and tips on how anyone can be motivated and inspired to transform their own lives. Included in this book is information on lifestyle, nutrition and fitness. This educational book will show readers how they too can achieve weight loss, happiness, their ideal size, and relationship success, and all from a couple who don't just talk the talk, but walk the walk. Micah Lacerte and Diana Chaloux of HITCH FIT gym (www.hitchfit.com) want to help transform lives. This book includes the key points to start you on your own personal journey of success.

Knee Ability Zero is not a medical book, rather: it is a step-by-step manual which allows you to find and improve your pain-free ability, and this has resulted in over 2000 knee success stories for people of all ages and walks of life.Over 8 steps we build "from the ground up" - from your ankles to lower legs to knees to thighs to hips, improving the strength, control, and freedom you have over your body, with explanation of why each step helps your knees. The 8 steps take 15-20 minutes in total, and I suggest doing them up to 3 times per week.You do not need any weights, equipment, or special abilities for this program, and you can start applying Step 1 from the moment you open up the book!

Revolutionize the way you approach fitness with yoga expert and celebrity trainer Shona Vertue - in just 28 days! 'Shona changed my perspective on yoga. Working with her made my aches and pains after playing disappear. She is the best.' - David Beckham Are you someone who has tried every fitness class out there, but nothing has ever really stuck? Or perhaps you can run a 10k but can barely touch your toes? Heard lifting weights is good, but feel lost in the gym? Keen to calm your racing mind and get the focus you need to train? Shona Vertue's 28-day reset plan will revolutionise the way you approach fitness. Her groundbreaking three-in-one method features a blend of resistance training with weights to build strength, yoga to aid flexibility and lengthen muscles, and a positive, mindful approach to exercise, combined with delicious, nourishing recipes. Get in the best shape of your life, both physically and mentally, and feel stronger, healthier and more flexible - in just 28 days. Features photos of every exercise, complete with food plan and nutritious, energising recipes.

Angels

The Ultimate Weight-Free, Gym-Free Training Program

Getting Shredded Is Simple

Strong Curves

LL Cool J's Platinum Workout

The 8-Week Total Body Makeover Plan

Hitch Fit

This is not your run-of-the-mill fitness book. Developed by world-renowned gluteal expert Bret Contreras, Strong Curves offers an extensive fitness and nutrition guide for women seeking to improve their physique, function, strength, and more. In the last eighteen years researching and field-testing the best methods for building better butts and shapelier bodies. In Strong Curves, he offers the programs that have proven effective time and time again with his clients, allowing you to tone your glutes, and greater confidence. Each page is packed with information decoding the female anatomy, providing a better understanding as to why most fitness programs fail to help women reach their goals. With a comprehensive nutritional plan and a variety of exercises, this book gets women off the treadmill and furnishes their drive to achieve strength, power, and sexy curves from head to toe. Although the glutes are the largest and most powerful muscle group in the human body, they often get the least attention. Strong Curves provides the choices, leading to a flat, saggy bum. Strong Curves is the cure.

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

The internet is full of "experts" trying to make a buck on your desire to get in shape. Be honest: in your most desperate moments, what would you pay to feel like you have a real shot at getting your body into shape again? This book is more than just a collection of online fitness gurus and give you the commonsense principles that can bring you from "average" to "shredded" in 12 weeks. Stop paying for the Instagram Model's monthly rent by purchasing their "meal plans." Read this book, and realize you have all the resources to get fit on your own. To get your body in amazing shape, you don't need: "the secret carb/fat ratio" "this full-body workout machine" "my 30-Day meal plan" "our special fat-loss powder" "this special ab cruncher" Ignore all that and focus on what will keep you in a cycle of purchasing fitness products over and over again that never work. Think about it: the fitness industry has an interest in you never getting in shape. But you can leave despair behind. Change your body, and change your life. Realization: Getting Shredded Is Simple.

KEEP YOUR EYES ON THE PRIZE! Proof that self-care is the new healthcare, powered by PROTEIN PACING(R) and the PRISE(R) LIFE Dr. Paul J. Arciero is the world's leading nutrition, exercise and applied physiology scientist and keynote speaker. His compelling new book he presents the science behind the way we are exercising and eating is all wrong. His human clinical research findings have been condensed into a single guide designed to help the everyday overstressed busy person, the Olympians get off the crazy-diet roller coaster and live with optimal health and performance. His scientifically proven PRISE Life Protocol, powered by his Protein Pacing Diet, is healthier and easier than fad diets and the overexertion of most fitness programs. Paul's Protein Pacing & PRISE Life secrets are finally revealed - from what to eat and when to eat using his 'Morning Muscle Maximizer' and 'Bedtime Bellyfat Burner', to debunking the many health, fitness, and diet myths that arise daily. C level media outlets - O Magazine, The Wall Street Journal, Fox News, Prevention, Good Housekeeping, WebMD, TIME, Huffington Post, Glamour, Women's Health, Men's Health, and many more - he answers the call to share his knowledge. It's time to help the millions of people worldwide who have heard his message: Put an end to fad diets and harmful exercise programs, and 'Never Diet Again' by Keeping Your Eyes on the PRISE!

Activate Your Full Human Potential

Glute Lab

A 21-Day Plan for Reclaiming Your Health and Life with Polycystic Ovary Syndrome

Science Shows a Way to Get Fit That's Smarter, Faster, Shorter

Delay, Don't Deny

200 Recipes and Weekly Menus to Kick Start Your Journey

Proceedings of the 12th IMCL Conference

Want to improve your fitness but don't have the time or money to attend the gym? Looking for a way to get the edge in sports performance? Do you want a no nonsense programme that is designed to build muscle and strength, improve fitness and burn fat? The Complete Guide To Sandbag Training will help you to do just that! Written by Matthew Palfrey, sandbag training expert and the creator of the Sandbag Fitness Blog, this easy to follow book provides everything you need to start making real progress now. Thousands of others are already putting sandbag training to great use - isn't it time that you tried it too? The Complete Guide To Sandbag Training contains everything you need to develop a highly effective strength and conditioning programme at home with the minimum of equipment and investment. Includes

detailed descriptions of over 40 different exercises (complete with images), how to set up your own home gym and 3 detailed sandbag training programmes: Beginner, Intermediate and Advanced. Sandbag training is perfect for MMA, Strongman, CrossFit, Strength and Conditioning, Bootcamps and Garage Gyms. Come and learn the secrets of sandbag strength and conditioning! **YOUR BEST BODY BEGINS HERE AND NOW!** Ditch the gym membership and say goodbye to weights and machines! Take control of your shape and your weight at home with celebrity fitness trainer Adam Rosante’s three-tiered, simple-to-follow plan:

- **Eat Clean:** Feed your body right with simple meals designed to help you feel your best inside and out. No weird and wacky “diet” gimmicks; just an easy embrace of healthy whole foods.
- **Train Dirty:** Using compound movements, progress overload, and high-intensity 30-second interval training, Rosante’s exercises will skyrocket your metabolism, torch fat, and build lean muscle without requiring the use of a single piece of equipment.
- **Live Hard:** Strengthen the single most important muscle in your body: your mind. You’ll learn how “Lottery Mindset Marketing” has conditioned you to fail in your weight-loss goals—and how to overcome it. Featuring inspiring testimonials, motivational advice, instructive photos, and a complete workout calendar, *The 30-Second Body* is a comprehensive one-stop solution, your road map to losing weight fast and taking charge of your life! Praise for *The 30-Second Body* “Easy, effective, and efficient. . . . [The 30-Second Body] is more like an easy-to-read playbook than an intimidating diet or fitness guide. It’s filled with illuminating fitness quickies on how to build a better smoothie and high-intensity workout moves you can do anywhere.”—Well+Good

WALL STREET JOURNAL BEST SELLER IMPROVE YOUR PHYSIQUE, BUILD LEAN MUSCLE, AND INCREASE STRENGTH For more than twenty years, Bret “the Glute Guy” Contreras has been on a quest to improve human performance, focusing his research on the gluteus maximus, the largest muscle in the human body. What started as an effort to improve his own weak, flat backside quickly evolved when he discovered the wide range of functional movements to which the glutes contribute. Properly trained glutes not only help you lift heavier, jump higher, sprint faster, and swing harder but also help prevent knee, hip, and lower back pain and injuries. Bret went on to earn a doctorate in sports science and is now known as one of the world’s foremost experts on strength and physique training. After helping thousands of people reach their strength goals and achieve their ideal physique in his world-renowned training facilities, Bret brings you Glute Lab, which pulls his field-tested and scientifically proven methods and techniques together into an all-in-one glute training system that will help you develop leaner, rounder, stronger, higher-performing glutes. This all-encompassing guide explains why glute training is important for health and performance, how the glutes function, what critical role they play in the body, and how to design the optimal training program to accomplish your aesthetic and performance goals. This book offers thirty-six weeks of programming and several training templates for those who want to dive right in, breaking down each technique with step-by-step photos and descriptions. Bret also reveals the most common faults people make when performing these movements and offers hundreds of tips for getting the most out of every training session. You can implement his system in your local gym or even in the comfort of your own home. Glute Lab is more than just a book on glute training. These principles and methods can help you maximize muscle growth and strength, improve body composition, overcome training and physique plateaus, train around injuries and discomfort, determine ideal training frequency and exercise selection, design periodized programs, and so much more. In short, this book gives you the tools to make strength and physique gains and design balanced programs that cater to a wide range of goals and work for your entire body. Whether you’re a regular person looking to improve your appearance, an athlete looking to boost your performance, a physique competitor or bodybuilder looking for an edge over the competition, a powerlifter looking to increase your strength, a CrossFitter inspired to gain knowledge, a personal trainer interested in offering your clients cutting-edge training techniques, or a physical therapist looking to improve your clients’ health, Glute Lab will equip you with the information you need. In this book you will learn:

- The fundamentals of optimal glute training
- The anatomy and function of the glutes
- How to select exercises based on your physique and training goals
- How to perform the most effective exercises for sculpting rounder, stronger glutes
- Variations of the hip thrust, deadlift, and squat exercises
- Sample training templates and splits that cater to different training goals and preferences
- How to implement advanced methods into your training routine
- Diet strategies to reach weight loss and body composition goals
- Sample glute burnouts and templates
- Twelve-week beginner, intermediate, and advanced full-body training programs with a glute emphasis
- How to design your own customized training programs
- How to overcome plateaus in training, strength, and physique

The third installment in the highly successful 7 Weeks franchise, this is the ultimate guide to utilizing body weight to strengthen and tone every muscle group in just a few weeks. Day-by-day plans and customizable exercises make getting in the best shape ever quickly and effectively.

Fascia Training

Keys to Transforming Your Life

32 Tactics for Building the Exercise Habit

The Wim Hof Method

Big Fit Girl

Exercise Every Day

How to Transform Your Body Quickly with Common Sense

“Finally—a fitness book for the rest of us! . . . [Big Fit Girl] is sure to usher in a new generation of tough, curvy athletes.” —Jessamyn Stanley, author of *Every Body Yoga In Big Fit Girl*, Louise Green describes how the fitness industry fails to meet the needs of plus-size women and thus prevents them from improving their health and fitness. By telling her own story of how she stopped dieting, got off the couch, and unleashed her inner athlete—as well as showcasing similar stories from other women—Green inspires other plus-size women to do the same. Green also provides concrete advice, based on the latest research, about how to get started, how to establish a support team, how to choose an activity, what kind of clothing and gear work best for the plus-size athlete, how to set goals, and how to improve one’s relationship with food. And she stresses the importance of paying it forward—for it is only by seeing plus-size women in leadership roles that other plus-size women will be motivated to stop trying to lose weight and get fit instead. “Big Fit Girl impressed me tremendously. Green combines compelling storytelling with practical tips—true to what we know about science—in a unique way that will get you moving.” —Linda Bacon, PhD, scientist, and author of *Health at Every Size* “Inspiring and empowering.” —Taryn Brumfitt, producer and director, founder of the Body Image Movement “I’m thrilled to live in a world where Big Fit Girl will be part of the health section. Thank you Louise—it’s time for every person of every size to have access to this information!” —Jes Baker, *The Militant Baker*

A proven 21-day diet and lifestyle plan to help women with polycystic ovary syndrome (PCOS) take back control of their health and resolve their symptoms from a certified health coach and founder of the large PCOS Diva online community. PCOS is one of the most common hormonal disorders, and the most common cause of female infertility, affecting roughly five million American women. Because it’s symptoms are widespread—including stubborn weight gain, acne, mood swings, abnormal hair loss or growth, and irregular menstrual cycles—women suffering from PCOS are often misdiagnosed and treated with “Band-Aid” pharmaceuticals with uncomfortable side effects that only mask PCOS’s root causes. While there is no cure for PCOS, women can learn to control their symptoms naturally. In this welcome guide, Amy Medling shows how to combine an anti-inflammatory and hormone-balancing diet, daily movement, and stress-reducing self-care to successfully treat their PCOS. Grounded in the latest medical research and filled with the knowledge she’s acquired dealing with PCOS herself and working with thousands of women, *Healing PCOS* offers women small, manageable steps that help alleviate their symptoms and control the inflammation, hormonal imbalance, and insulin resistance that underlie the condition. Amy’s revolutionary program consists of:

- A 21-day anti-inflammatory, hormone-balancing and gluten-free meal plan, including meal prep and plan-ahead tips to make eating this way simple and fast
- 85 delicious recipes—half fan favorites and half new dishes
- Daily self-care exercises, including meditation and journaling prompts
- Amy has helped tens of thousands of women with PCOS take back control of their health and their lives through lasting, healing, and sustainable lifestyle change. Whether you’re newly diagnosed or have struggled with PCOS, her revolutionary program can now work for you.

LEARN:: How to Build a Powerful Daily Workout Routine Wish you had time to exercise? Turned off by the “meat market” scene at most gyms? Or are you simply unsure about how to get started with a daily workout? The good news is that you don’t have to follow extreme exercise programs like Insanity and P90X, or spend every free moment in the gym, to experience the health benefits exercise has to offer. All you need to do is make a simple goal to “Exercise Every Day” in a way that fits your already busy schedule. The Truth?? You Struggle with Exercising Because of Specific Workout Obstacles Here’s the thing...most people have both the desire and capacity to exercise, but they never get started because they allow obstacles to get in their way. For instance, you might feel exhausted when your alarm clock goes off two hours earlier than usual in the morning, so you can’t bring yourself to make it to “boot camp” class. Or perhaps you don’t have space in your house for lots of weights and equipment. These are real-life obstacles, and it’s likely that issues such as these have prevented you from engaging in regular exercise. In the book “Exercise Every Day”, you will have the opportunity to identify those obstacles that seem to continually get in your way. Then you will learn how to review each obstacle and identify the specific solutions to experience a personal breakthrough. **DOWNLOAD:: Exercise Every Day - 32 Tactics for Building the Exercise Habit** “Exercise Every Day” contains a step-by-step blueprint for identifying your workout obstacle and learning how to overcome them. You will learn how to:

- ** Identify the reason why you struggle with exercising
- ** Use “Habit Anchoring” to Quickly Build a New Workout Routine (Tactic #4)
- ** Determine “What Workout Routine is Right for YOU (Tactic #1)
- ** Maximize Those Small Pockets of Time (Tactic #18)
- ** Harness the Power of Micro-Commitments to Never Miss a Daily Workout (Tactic #5)
- ** Use Technology (like mobile Apps) to Track Your Daily Exercise (Tactic #8)
- ** Overcome Injury, Illness and Extended Life Interruptions (Tactic #29)
- ** Make Working Out Fun... Even if You Normally Hate it (Tactic #7)
- ** Find the Right Gym OR Home Workout Routine (Tactic #27)

Stop overthinking your exercise routine. It’s possible to build your fitness, without requiring too much of your free time. Would You Like To Know More? Download and build your daily exercise habit today. Scroll to the top of the page and select the buy now button.

Easy-to-follow, no-equipment bodyweight training routines you can do any time, anywhere. Suitable for all fitness levels.

The Simple Science of Building the Ultimate Male Body

The Everything Fertility Book

The Virtue Method

Body By Simone

7th International Conference, MobiHealth 2017, Vienna, Austria, November 14–15, 2017, Proceedings

The Buzz on Exercise & Fitness

The Bikini Body 28-Day Healthy Eating & Lifestyle Guide

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

Tired of counting calories, eliminating foods from your diet, or obsessing about food all day? If so, an intermittent fasting lifestyle might be for you! In this book, you will learn the science behind intermittent fasting, and also understand how to adjust the various intermittent fasting plans to work for your unique lifestyle. The best part about intermittent fasting is that it doesn’t require you to give up your favorite foods! You’ll learn how to change WHEN to eat, so you don’t have to change WHAT you eat. Are you ready to take control of your health, and finally step off of the diet roller coaster? All you have to do is learn how to “delay, don’t deny!”

INSTANT NEW YORK TIMES BESTSELLER The only definitive book authored by Wim Hof on his powerful method for realizing our physical and spiritual potential. “This method is very simple, very accessible, and endorsed by science. Anybody can do it, and there is no dogma, only acceptance. Only freedom.” —Wim Hof Wim Hof has a message for each of us: “You can literally do the impossible. You can overcome disease, improve your mental health and physical performance, and even control your physiology so you can thrive in any stressful situation.” With *The Wim Hof Method*, this trailblazer of human potential shares a method that anyone can use—young or old, sick or healthy—to supercharge their capacity for strength, vitality, and happiness. Wim has become known as “The Iceman” for his astounding physical feats, such as spending hours in freezing water and running barefoot marathons over deserts and ice fields. Yet his most remarkable achievement is not any record-breaking performance—it is the creation of a method that thousands of people have used to transform their lives. In his gripping and passionate style, Wim shares his method and his story, including:

- **Breath-Wim’s** unique practices to change your body chemistry, infuse yourself with energy, and focus your mind
- **Cold-Safe**, controlled, shock-free practices for using cold exposure to enhance your cardiovascular system and awaken your body’s untapped strength
- **Mindset-Build** your willpower, inner clarity, sensory awareness, and innate joyfulness in the miracle of living
- **Science-How** users of this method have redefined what is medically possible in study after study
- **Health-True** stories and testimonials from people using the method to overcome disease and chronic illness
- **Performance-Increase** your endurance, improve recovery time, up your mental game, and more
- **Wim’s Story-Follow** Wim’s inspiring personal journey of discovery, tragedy, and triumph
- **Spiritual Awakening-How** breath, cold, and mindset can reveal the beauty of your soul

Wim Hof is a man on a mission: to transform the way we live by reminding us of our true power and purpose. “This is how we will change the world, one soul at a time,” Wim says. “We alter the collective consciousness by awakening to our own boundless potential. We are limited only by the depth of our imagination and the strength of our conviction.” If you’re ready to explore and exceed the limits of your own potential, *The Wim Hof Method* is waiting for you.

Discover the secret to being productive and successful when working from home with this essential guide to becoming a digital nomad. During COVID-19, working from home became the new normal. Now, both employers and employees find that the remote work they were forced to adjust to may be, well, better—financially, sustainably, and even in terms of overall morale and productivity. But working from home is not without its challenges. It can be difficult to eliminate distractions, strike a solid work/life balance, and maintain social connections that are crucial in the workplace. Whether you’re trying to find and land a job from the comfort of your home, learning to manage a virtual team, or dream of living a digital nomad lifestyle, *The Everything Guide to Remote Work* has everything you need to be successful. You’ll learn to optimize your own workplace culture, whether it’s in your home office or a constantly changing backdrop. So whether your company continues to work remotely full time or you only have to go to the office a few days a week, you’ll be armed with all the tools you’ll need to make the most out of this new lifestyle.

The Complete Guide to Sandbag Training

Knee Ability Zero

The Jack Dorsey Way

Bigger Leaner Stronger

Wireless Mobile Communication and Healthcare

Physical Fitness for College Freshmen'2007 Ed.

Jack Dorsey is a billionaire innovator, a rule breaker, and a dynamo of creative energy and physical health. He has a unique regimen that helps him achieve and maintain top performance—physically, mentally, and spiritually. What does Jack Dorsey do? And how can his approaches work for you? In this smart, specific, and practical guide, you’ll learn what Jack Dorsey does, why it works, and how you can use his innovative tactics in your own life—even if you’re not a billionaire. You’ll learn about topics such as:

- Meditating twice a day
- Walking to work
- High-intensity interval training (HIIT)
- Saunas and ice baths (including starting the day with an ice-cold bath)
- Standing desks and near-infrared rays
- Eating one meal per day
- Daily supplements
- Weekend fasts
- Sleep monitoring
- Journaling

You’ll learn a powerful approach to mindfulness—paying attention to what you do, what you eat, and how you treat yourself, the people around you, and the world you live in. This is an approach that has changed Jack Dorsey’s life for the better—and it can do the same for you.

Imagine watching pounds of fat melt away without ever feeling like you’re on a diet. Imagine adding lean muscle to all the right places by doing just a few workouts per week that make you strong. And imagine realizing that your health and fitness goals—even the ones you’ve all but given up on—are finally within your reach. *Muscle for Life* will show you how. From the bestselling fitness author of *Bigger Leaner Stronger* and *The Shredded Chef*, Muscle for Life reveals a science-based blueprint for eating and exercising that anyone can follow at any age and fitness level. Based on time-proven principles produced by decades of hands-on experience and thousands of hours of scientific research, *Muscle for Life* will give you a plan for transforming your body faster than you ever thought possible, including:

- Conquering the [mental game] of fitness. Learn to hack your habits, willpower, and mindset so your fitness regimen feels like it’s on autopilot.
- Harnessing the science of [flexible dieting].
- A whole new paradigm for eating that empowers you to forever break free of fad dieting, crash dieting, and yo-yo dieting.

-Unlocking the power of strength training. The [secret] to optimizing your body composition, which is far more important for your health and image than your body weight. Whether you’re a beginner looking for a lifestyle change, a lifelong athlete looking to reach the next level, or somewhere in between, *Muscle for Life* will show you how to look, feel, and perform your best. And frankly, it may be the last fitness book you’ll ever need to read.

If you want to be faster, stronger, and less prone to injury, it’s critical you understand how important the body’s fascia system is to athletic performance. Modern research and imaging technologies are showing us that it’s far more significant than we have long understood. That’s why Bill Parisi—founder of the Parisi Speed School—and extreme sports writer, Johnathon Allen, set out on a nationwide quest to interview the top experts in the field so they could present this new performance science in a paradigm shifting book that’s not only packed with practical information, but also entertaining to read! *Fascia Training: A Whole-System Approach*, explores the new evidence-based science of fascia training as explained by top experts in the field, including “Dr. Back Mechanic” Stu McGill, champion Olympic coach Dan Pfaff, founder of Anatomy Trains Tom Myers, biomechanist Ken Clark, founder of Sparta Science Phil Wagner MD, and assistant coach of the Philadelphia 76ers/Todd Wright. *Fascia Training* is a “must read” for anyone serious about improving performance and reducing injury.

The Intermediate BUILD program is designed for intermediate lifters with low amounts of body fat to break through plateaus and maximize muscle growth. Adding muscle mass once you’ve already had a bit of training experience becomes difficult to do. As an intermediate lifter, you’ve probably reached plateaus that have made it difficult to progress past your beginner stage. You’re no longer benefiting from “newbie” gains and can no longer simply add weight to the bar every week to progress... ..and if you stick on a program that’s not optimally catered to your training experience (i.e. sticking to a program designed for beginners), then you’re not going to see the results you’re looking for.

The One-Minute Workout

The Bible of Bodyweight Exercises

The 12-Minute Athlete

7 Weeks to Getting Ripped

The Protein Pacing Diet

A stronger, fitter, healthier you ▫ in 28 days

Unleashing The Wild Physique

Dot Grid, 120 pages, 6x9, Workout planner journal **Fitness Planner: Workout Log and Meal Planning Notebook to Track Nutrition, Diet, and Exercise - A Weight Loss Journal for ... Tracker Book, Diary for Workouts and Wellness.** Paperback, matte cover finish A total of 120 pages Small size 6"x9", easy for carrying it around with you everywhere! It also makes an awesome gift for your VERY special person.

Infertility can be a frustrating and heartbreaking disorder compounded by complicated treatments and so-called miracle cures on the market. But couples who have trouble conceiving need all their options laid out in one convenient guide. In this book, you’ll find the medical and holistic information you need to conceive and bear a happy, healthy child, such as:

- Side effects of the latest fertility drugs
- Yoga poses that aid fertility
- What to expect when seeing a fertility expert
- Birth rates associated with various treatments
- Coping methods for dealing with loss
- With this authoritative and friendly guide, getting pregnant doesn’t have to be a stressful process. Armed with knowledge and reassurance, you will be ready to make the choices that work best for you and start your family, today.

Unlock your athletic potential and get into the best shape of your life with Krista Stryker’s HIIT and bodyweight workouts—all of which can be done in just minutes a day! If you’ve ever thought you couldn’t get results without spending hours in the gym, that you’d never be able to do a pull-up, or that it’s too late to get in your best shape ever, The 12-Minute Athlete will change your mind, your body, and your life. Get serious results with high-intensity interval training (HIIT) workouts that can be done in just minutes a day. Give up the excuses and learn to use your own bodyweight and a few basic pieces of portable equipment for short, incredibly effective workouts. Reset your mindset, bust through mental blocks, and set meaningful goals you’ll actually accomplish. You can finally ditch the dieting and enjoy food as fuel with simple eating guidelines to the 80/20 rule. In The 12-Minute Athlete you’ll also find:

- A guide to basic calisthenics and bodyweight exercises for any fitness level
- Progressive exercises to achieve seemingly “impossible” feats like pistol squats, one-arm push-ups, pull-ups, and handstands
- More than a dozen simple and healthy recipes that will fuel your workouts
- Two 8-week workout plans for getting fitter, faster, and stronger
- Bonus Tabata workouts
- And so much more!

The 12-Minute Athlete is for men and women, ex-athletes and new athletes, experienced athletes and “non-athletes”—for anyone who has a body and wants to get stronger and start living their healthiest life.

Legends of Fitness

The Art and Science of Strength and Physique Training

The 30-Second Body

Eat Clean. Train Dirty. Live Hard.

50 X BURPEES, 50 X PULLUPS, 100 X PUSHUPS, 150 X SQUATS, 50 X BURPEES

The Everything Guide to Remote Work