

Read Book  
Freeletics Cardio  
Strength Training  
Guide

# Freeletics Cardio Strength Training Guide

*You'll never  
need to buy  
another self-  
help book -  
Nobody Panic is*

*Page 1/283*

Read Book  
Freeletics Cardio  
Strength Training  
Guide

*the essential  
guide to being  
a fully  
functioning  
adult without  
screaming.  
Useful, funny  
and life-  
affirming,  
Nobody Panic  
will give you  
all the skills  
necessary to at*

Read Book  
Freeletics Cardio  
Strength Training  
Guide

*least convince  
people you're  
bossing life.  
From the  
useful, such as  
how to nail a  
job interview  
and how to  
rewire a plug  
to the  
mandatory like  
how to cry in  
public and how*

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Freeletics Cardio  
Strength Training  
Guide

*to leave a  
WhatsApp chat -  
Nobody Panic is  
the ultimate  
life hack. This  
is a companion  
book to the  
critically  
acclaimed  
podcast of the  
same name which  
has been  
downloaded over*

Read Book  
Freeletics Cardio  
Strength Training  
Guide  
*a million times  
and charted in  
eight  
countries. Not  
just for  
podcast  
listeners,  
Nobody Panic is  
painstakingly  
researched and  
combined with  
relatable  
stories and*

Read Book  
Freeletics Cardio  
Strength Training  
Guide

*hilarious  
anecdotes -  
this is the  
perfect title  
for anyone  
looking to get  
a little bit  
more out of  
life.*

**WALL STREET  
JOURNAL BEST  
SELLER IMPROVE  
YOUR PHYSIQUE,**

Read Book  
Freeletics Cardio  
Strength Training  
Guide

**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*

Read Book  
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Guide

*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*



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Freeletics Cardio  
Strength Training  
Guide

*discovered the  
wide range of  
functional  
movements to  
which the  
glutes  
contribute.*

*Properly  
trained glutes  
not only help  
you lift  
heavier, jump  
higher, sprint*

Read Book  
Freeletics Cardio  
Strength Training  
Guide

*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*

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Freeletics Cardio  
Strength Training  
Guide

*foremost  
experts on  
strength and  
physique  
training. After  
helping  
thousands of  
people reach  
their strength  
goals and  
achieve their  
ideal physique  
in his world-*

Read Book  
Freeletics Cardio  
Strength Training  
Guide

*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*

Read Book  
Freeletics Cardio  
Strength Training  
Guide

*glute training  
system that  
will help you  
develop leaner,  
rounder,  
stronger, highe  
r-performing  
glutes. This al  
l-encompassing  
guide explains  
why glute  
training is  
important for*

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Freeletics Cardio  
Strength Training  
Guide

*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*

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Freeletics Cardio  
Strength Training  
Guide

*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*

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Freeletics Cardio  
Strength Training  
Guide

*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*



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Freeletics Cardio  
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Guide

*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*

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Guide

*book on glute  
training. These  
principles and  
methods can  
help you  
maximize muscle  
growth and  
strength,  
improve body  
composition,  
overcome  
training and  
physique*

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Freeletics Cardio  
Strength Training  
Guide

*plateaus, train  
around injuries  
and discomfort,  
determine ideal  
training  
frequency and  
exercise  
selection,  
design  
periodized  
programs, and  
so much more.  
In short, this*

Read Book  
Freeletics Cardio  
Strength Training  
Guide

*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*

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Guide

*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*

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Strength Training  
Guide

*powerlifter  
looking to  
increase your  
strength, a  
CrossFitter  
inspired to  
gain knowledge,  
a personal  
trainer  
interested in  
offering your  
clients cutting-  
edge training*

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Guide

*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*

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Freeletics Cardio  
Strength Training  
Guide

*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*



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Guide

*effective  
exercises for  
sculpting  
rounder,  
stronger glutes  
Variations of  
the hip thrust,  
deadlift, and  
squat exercises  
Sample training  
templates and  
splits that  
cater to*

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Freeletics Cardio  
Strength Training  
Guide

*different  
training goals  
and preferences  
How to  
implement  
advanced  
methods into  
your training  
routine Diet  
strategies to  
reach weight  
loss and body  
composition*

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Freeletics Cardio  
Strength Training  
Guide

*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*

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Freeletics Cardio  
Strength Training  
Guide

*customized  
training  
programs How to  
overcome  
plateaus in  
training,  
strength, and  
physique  
"Finally—a  
fitness book  
for the rest of  
us! . . . [Big  
Fit Girl] is*

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Guide

*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*

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Strength Training  
Guide

*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,*

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Strength Training  
Guide

*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*

Read Book  
Freeletics Cardio  
Strength Training  
Guide

*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-*



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Freeletics Cardio  
Strength Training  
Guide

*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-*

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Freeletics Cardio  
Strength Training  
Guide

*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.*

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*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*

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Guide

*author of  
Health at Every  
Size “Inspiring  
and  
empowering.”*

*—Taryn  
Brumfitt,  
producer and  
director,  
founder of the  
Body Image  
Movement “I’m  
thrilled to*

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Strength Training  
Guide

*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*

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Guide

**Militant Baker**

**Calisthenics:**

**Lower Body**

**BLITZ! [?] On**

**Sale + FREE**

**Bodyweight**

**Training**

**Program,**

**Limited Time! [?]**

**Tired of the**

**same old**

**workout**

**routines? Hit a**

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Guide

*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*

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Freeletics Cardio  
Strength Training  
Guide

*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*



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Freeletics Cardio  
Strength Training  
Guide

*how*

*calisthenics*

*works What*

*calisthenics*

*can do for YOU*

*35 bodyweight*

*exercises +*

*photographic*

*demonstrations*

*Expert advice*

*on sets, reps*

*and form*

*Nutritional*

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*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*

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Strength Training  
Guide

*to transition  
from beginner >  
intermediate >  
advanced  
calisthenics  
fast 35  
Exercises  
Demonstrated  
with Photos  
We've packed a  
whopping 35  
exercises into  
this guide,*

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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*

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Guide

*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*

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Strength Training  
calisthenics  
Guide

*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!*

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Guide

*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*

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Guide

*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*



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Guide

*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*

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Guide

**SUPERHUMAN**

*today! Buy now  
and get it*

**FAST! Tags:**

*calisthenics,*

*bodyweight*

*exercise,*

*street workout,*

*bodyweight*

*training, mens*

*fitness,*

*calisthenics*

*for beginners,*

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Guide

*legs, glutes,  
lower body,  
pure  
calisthenics  
Endurance in  
Sport  
A stronger,  
fitter,  
healthier you -  
in 28 days  
A 21-Day Plan  
for Reclaiming  
Your Health and*

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*Life with  
Polycystic  
Ovary Syndrome  
How to Be a  
Functional  
Adult Without  
Screaming  
Transform Your  
Body Transform  
Your Life  
Burn the Fat,  
Feed the Muscle  
The Sunday*

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Strength Training  
Times  
Guide

*Bestseller from  
the Strongman  
Swimmer*

***This is not  
your run-of-  
the-mill  
fitness book.  
Developed by  
world-  
renowned  
gluteal expert***

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Strength Training  
Guide

***Bret  
Contreras,  
Strong Curves  
offers an  
extensive  
fitness and  
nutrition  
guide for  
women  
seeking to  
improve their  
physique,***

Page 54/283

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Strength Training  
Guide

***function,  
strength, and  
mobility.***

***Contreras  
spent the last  
eighteen years  
researching  
and field-  
testing the  
best methods  
for building  
better butts***

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Freeletics Cardio  
Strength Training  
Guide

***and shapelier  
bodies. In  
Strong Curves,  
he offers the  
programs that  
have proven  
effective time  
and time again  
with his  
clients,  
allowing you  
to develop***



Read Book  
Freeletics Cardio  
Strength Training  
Guide

***lean muscle,  
rounded  
glutes, and  
greater  
confidence.  
Each page is  
packed with  
information  
decoding the  
female  
anatomy,  
providing a***

Read Book  
Freeletics Cardio  
Strength Training  
Guide

***better understanding as to why most fitness programs fail to help women reach their goals. With a comprehensive nutritional guide and over 200 strength***

Read Book  
Freeletics Cardio  
Strength Training  
Guide

***exercises, this book gets women off the treadmill and furnishes their drive to achieve strength, power, and sexy curves from head to toe. Although***

Read Book  
Freeletics Cardio  
Strength Training  
Guide

***the glutes are  
the largest  
and most  
powerful  
muscle group  
in the human  
body, they  
often go  
dormant due  
to lifestyle  
choices,  
leading to a***

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Freeletics Cardio  
Strength Training  
Guide

***flat, saggy  
bum. Strong  
Curves is the  
cure.***

***Balanced Body  
Breakthrough  
is the essential  
guide for  
anyone who  
wants to beat  
stress and find  
balance.***

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Strength Training  
Guide

**Caroline  
Jordan  
dispenses  
wellness  
wisdom in  
short, easy-to-  
read  
segments.  
Jordan's  
definition of  
wellness  
includes the**

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Guide

***whole person  
— mind, body,  
and spirit.***

***From start to  
finish, this  
book is filled  
with  
knowledge and  
resources to  
help you  
personalize  
your approach***

Read Book  
Freeletics Cardio  
Strength Training  
Guide

***to living well.  
Balanced Body  
Breakthrough  
teaches you to  
clarify values,  
create a plan  
and set smart  
goals, manage  
your time, feel  
healthy, get  
fit, and enjoy  
life. This book***



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Freeletics Cardio  
Strength Training  
Guide

***is a tool that  
will help you  
stay  
committed,  
positive, and  
present in  
living a feel-  
good life you  
love.***

***Easy-to-follow,  
no-equipment  
bodyweight***

Read Book  
Freeletics Cardio  
Strength Training  
training  
Guide

***routines you  
can do any  
time,  
anywhere.***

***Suitable for all  
fitness levels.***

***INSTANT NEW  
YORK TIMES  
BESTSELLER***

***The only  
definitive book***

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Freeletics Cardio  
Strength Training  
Guide

***authored by  
Wim Hof on  
his powerful  
method for  
realizing our  
physical and  
spiritual  
potential.***

***“This method  
is very simple,  
very  
accessible, and***

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Strength Training  
Guide  
***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:***

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Guide

***“You can  
literally do the  
impossible.***

***You can  
overcome  
disease,  
improve your  
mental health  
and physical  
performance,  
and even  
control your***

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Freeletics Cardio  
Strength Training  
Guide

***physiology so  
you can thrive  
in any  
stressful  
situation.”***

***With The Wim  
Hof Method,  
this trailblazer  
of human  
potential  
shares a  
method that***

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Guide

***anyone can  
use—young or  
old, sick or  
healthy—to  
supercharge  
their capacity  
for strength,  
vitality, and  
happiness.  
Wim has  
become known  
as “The***

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***“Iceman” for his astounding physical feats, such as spending hours in freezing water and running barefoot marathons over deserts and ice fields.***



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***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***

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***their lives. In his gripping and passionate style, Wim shares his method and his story, including: • Breath—Wim's unique practices to change your***

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Guide

***body  
chemistry,  
infuse yourself  
with energy,  
and focus your  
mind •***

***Cold—Safe,  
controlled,  
shock-free  
practices for  
using cold  
exposure to***

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Freeletics Cardio  
Strength Training  
Guide

***enhance your  
cardiovascular  
system and  
awaken your  
body's  
untapped  
strength •  
Mindset—Build  
your  
willpower,  
inner clarity,  
sensory***

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***awareness,  
and innate  
joyfulness in  
the miracle of  
living •***

***Science—How  
users of this  
method have  
redefined what  
is medically  
possible in  
study after***

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Guide

**study •**

***Health—True  
stories and  
testimonials  
from people  
using the  
method to  
overcome  
disease and  
chronic illness  
• Performance  
—Increase***

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***your  
endurance,  
improve  
recovery time,  
up your  
mental game,  
and more •***

***Wim's  
Story—Follow  
Wim's  
inspiring  
personal***

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Strength Training  
Guide

***journey of  
discovery,  
tragedy, and  
triumph •  
Spiritual Awak  
ening—How  
breath, cold,  
and mindset  
can reveal the  
beauty of your  
soul Wim Hof  
is a man on a***



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***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***

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***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.***

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**Physical  
Fitness for  
College  
Freshmen'200  
7 Ed.  
32 Tactics for  
Building the  
Exercise Habit  
Healing PCOS  
The Jack  
Dorsey Way  
The Simple**

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Guide

***Science of  
Building the  
Ultimate Male  
Body  
Get Fitter,  
Faster, and  
Stronger  
Using HIIT  
and Your  
Bodyweight  
35 Bodyweight  
Exercises: the***

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# **#1 Legs & Glutes**

## ***Bodyweight Training Guide***

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

# Read Book

## Freeletics Cardio Strength Training Guide

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

# Read Book

## Freeletics Cardio Strength Training Guide

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.

Provides exercise tips and fitness facts for individuals of all fitness levels, combined with



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inspirational advice  
and anecdotes from  
fitness gurus.

Endurance in Sport is a  
comprehensive and  
authoritative work on  
all aspects of this major  
component of sports  
science. The book also  
embraces medical and  
sport-specific issues of  
particular relevance to  
those interested in  
endurance

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performance. The scientific basis and mechanisms of endurance - physiological, psychological, genetic and environmental - are all considered in depth. Measurement of endurance is extensively reviewed as is preparation and training for physical activities requiring

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endurance.

This book gives you the blueprint for transforming your body and your life, by guiding you through the RNT

Transformation

Journey. This five-phase process will arm you with the tools to finally get into the shape of your life, for life, and experience

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Freeletics Cardio

Strength Training

Guide

incredible benefits that transcend the physical.

Glute Lab

The Bikini Body

28-Day Healthy Eating & Lifestyle Guide

The Easy Way to Get in Shape and Stay in Shape for the Rest of Your Life

The Intermediate Build Program

A Customized Nutrition and Workout Plan--Eat

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Strength Training  
Guide

the Foods You Love to  
Build the Body You  
Want and Keep It for  
Life!

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

YOUR BEST BODY  
BEGINS HERE  
AND NOW! Ditch  
the gym

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Strength Training  
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

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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

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Strength Training  
and wacky  
"diet"

gimmicks; just  
an easy  
embrace of  
healthy whole  
foods. • Train  
Dirty: Using  
compound  
movements,  
progress  
overload, and



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Strength Training  
Guide  
high-intensity  
30-second  
interval  
training,  
Rosante's  
exercises will  
skyrocket your  
metabolism,  
torch fat, and  
build lean  
muscle without  
requiring the

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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

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Strength Training  
Mindset  
Guide

Marketing" has conditioned you to fail in your weight-loss goals—and how to overcome it.

Featuring inspiring testimonials, motivational

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instructive  
photos, and a  
complete  
workout  
calendar, The  
30-Second Body  
is a  
comprehensive  
one-stop  
solution, your  
road map to

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Strength Training  
Guide

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

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like an easy-to-read  
playbook than  
an  
intimidating  
diet or  
fitness guide.  
It's filled  
with  
illuminating  
fitness  
quicknesses on

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how to build a  
better

smoothie and  
high-intensity  
workout moves  
you can do any  
where."—Well+G  
ood

If you want to  
be muscular,  
lean, and  
strong as

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quickly as  
possible  
without  
steroids, good  
genetics, or  
wasting  
ridiculous  
amounts of  
time in the  
gym and money  
on supplements  
...then you



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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

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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

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Strength Training  
Guide  
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

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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.

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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

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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

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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

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"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



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Strength Training  
Guide

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

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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

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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

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Strength Training  
Guide

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

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Guide

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

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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-

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selected  
exercises that  
deliver  
MAXIMUM  
results for  
your efforts,  
helping you  
build a big,  
full chest, a  
wide, tapered  
back, and  
bulging

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Strength Training  
Guide

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



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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

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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

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it--no long  
hours in the  
gym, no  
starving  
yourself, no  
grueling  
cardio that  
turns your  
stomach.

Imagine, just  
12 weeks from  
now, being

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Strength Training  
Guide

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

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Strength Training  
Guide

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

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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

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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

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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,



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Guide

leaner, and  
stronger you!

Legends of

Fitness

details the

history of the

health and

fitness

industry,

touching on

the

individuals

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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

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the industry.  
Only by  
understanding  
the past, can  
individuals  
fully  
comprehend and  
overcome the  
challenges  
facing the  
industry, and  
more

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importantly,  
create a  
viable pathway  
for it to  
prosper in the  
future. All  
royalties from  
the sale of  
this book will  
be donated to  
Augie's Quest.  
The third

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Guide  
installment in  
the highly  
successful 7  
Weeks  
franchise,  
this is the  
ultimate guide  
to utilizing  
body weight to  
strengthen and  
tone every  
muscle group

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in just a few weeks. Day-by-day plans and customizable exercises make getting in the best shape ever quickly and effectively.

Guinness World  
Records 2022

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Guide  
Nobody Panic  
The Black Book  
of Training  
Secrets  
Big Fit Girl  
Exercise Every  
Day  
7 Weeks to  
Getting Ripped  
You Are Your  
Own Gym  
If you want to be

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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



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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,

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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

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### Strength Training

### Guide

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.

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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

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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

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## Freeletics Cardio Strength Training Guide

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

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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

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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



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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.

In *Body By Simone*, Simone De La Rue, featured trainer on “Revenge Body with Khloe Kardashian”,

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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

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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

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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

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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

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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. Research shows that although people can

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lose 5 to 10 percent of their body weight on any given diet, dieting itself is a consistent predictor of future weight gain. Why? At some point, everyone stops dieting. The Lean Muscle Diet solves the sustainability problem while offering immediate results. It's simple: act as if

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you already have the body you want. If a reader is, say, a 220-pound man who wants to become a muscular 180-pounder, he then uses The Lean Muscle Diet's formula to eat and train to sustain a 180-pound body. The transformation begins immediately, and the



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results last for life. Lou Schuler, who has sold more than one million copies of his fitness books worldwide, and Alan Aragon, nutrition advisor to Men's Health, have created an eating and "metabolically expensive" exercise plan designed to melt fat while building

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muscle. The best part? The plan allows readers to eat their favorite foods, no matter how decadent. With full support from Men's Health, The Lean Muscle Diet delivers a simple--and simply sustainable--body transformation plan anyone can use.

Your Best Triathlon

Read Book

Freeletics Cardio

Strength Training

The Buzz on Exercise  
& Fitness

200 Recipes and

Weekly Menus to Kick

Start Your Journey

A Woman's Guide to

Building a Better Butt

and Body

The Simple Six

The 8-Week Total

Body Makeover Plan

Master Your Mind &

Body to be in the

Shape of Your Life,

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Strength Training  
for Life  
Guide

**The power to  
amaze in 30  
minutes a day, 3  
days a week. Two  
million women  
have discovered  
Gary Heavin's  
secret to  
permanent  
weight loss at  
more than six**

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Guide

**thousand Curves  
fitness and  
weight-loss  
centers around  
the country. In  
thirty minutes,  
three times a  
week—and  
without a  
restrictive  
diet—many have  
been able to take**

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Strength Training  
Guide

**off the weight  
and keep it off for  
good. The Curves  
Promise: A  
unique three-part  
nutrition plan that  
produces results  
quickly and  
shows how to  
maintain weight  
loss in order to  
eat normally for**

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Strength Training  
Guide  
**28 days, and only  
monitor food  
intake two days a  
month A**

**Metabolic Tune-  
Up helps deter yo-  
yo dieting and  
shows how to  
lose weight by  
eating more, not  
less Simple self-  
tests determine**

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Strength Training  
Guide

**calorie or  
carbohydrate  
sensitivity,  
helping women  
individualize their  
food plan  
Shopping lists,  
meal plans,  
recipes, food and  
supplement  
guides, and  
charts to track**



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Strength Training  
Guide

**progress and  
guide users  
through every  
phase of the  
nutrition and  
exercise plan A  
complete Curves  
At-Home  
workout,  
combining  
strength training  
and aerobics and**

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Freeletics Cardio  
Strength Training  
Guide

**taking only thirty  
minutes a day-no  
more than three  
times a week**

**This will be a  
spin-off from the  
very successful  
Rehabilitation of  
the Spine, 2nd  
ed. It will contain  
the how-to-do-it  
information plus**

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Strength Training  
Guide

**some additional sports-specific guidelines. There will also be available for packaging a set of three DVDs covering flexibility, core stability and functional training.**

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Strength Training  
Guide

**Functional training is a hot topic in rehabilitation. It is an intergrated approach focusing on exercising multiple muscles and joints together instead of working**

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Freeletics Cardio  
Strength Training  
Guide

**muscles in  
isolation. It  
enhances  
coordination,  
muscular  
strength and  
endurance. There  
will be more  
information on  
prevention of  
injuries and  
reinjuries.**

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Guide

**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 perf**

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Strength Training

Guide

**ormance—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**

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Strength Training  
Guide

**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**



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Strength Training  
Guide

**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**

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Strength Training  
Guide

**supplements ?**

**Weekend fasts ?**

**Sleep monitoring**

**? Journaling**

**You'll learn a**

**powerful**

**approach to mind**

**fulness—paying**

**attention to what**

**you do, what you**

**eat, and how you**

**treat yourself, the**

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Strength Training  
Guide

**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.**

**While it may**

*Page 171/283*

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Guide

**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"**

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Freeletics Cardio  
Strength Training  
Guide

**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**

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**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 regime n—enlivened with humor and sheer**

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Strength Training  
Guide

**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**

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Freeletics Cardio  
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Guide

**free-weight lifts,  
plyometrics,  
fighters' moves,  
calisthenics,  
endurance  
training, and  
much more to  
create what they  
call their  
"combination  
platter"—a highly  
effective,**



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Freeletics Cardio  
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Guide

**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**

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**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**

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**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-**

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Guide

**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**

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Guide

**"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**

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Guide

**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**

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Strength Training  
Platinum  
Guide

**Workout will  
transform your  
body and the way  
you think about  
exercise—for life.  
Fascia Training  
Permanent  
Results Without  
Permanent  
Dieting  
The Wim Hof**

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Method  
Guide

**Curves**

**Sculpt Your Best  
Body Ever with  
Hollywood's  
Fittest Star**

**A Whole-System  
Approach**

**Embrace the  
Body You Have**

**Revolutionise  
the way you**



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approach  
Guide

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

Read Book  
Freeletics Cardio  
Strength Training  
Guide

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

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Strength Training  
Guide

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

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Guide

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

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Guide  
build strength,  
yoga to aid  
flexibility and  
lengthen  
muscles, and a  
positive,  
mindful  
approach to  
exercise,  
combined with  
delicious,  
nourishing  
recipes. Get in

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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

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food plan and  
nutritious,  
energising  
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eating and  
lifestyle book  
from the  
inspirational  
and widely  
followed  
personal  
trainer, Kayla

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Strength Training  
Itsines.  
Guide

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



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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

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Guide

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

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Strength Training  
already busy  
Guide  
schedule. The  
Truth?? You  
Struggle with  
Exercising  
Because of  
Specific  
Workout  
Obstacles  
Here's the  
thing...most  
people have  
both the desire

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Strength Training  
Guide

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

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Strength Training  
Guide

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

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Strength Training  
Guide  
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

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Guide

"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

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identify the  
specific  
solutions to  
experience a  
personal  
breakthrough.

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Day - 32

Tactics for  
Building the  
Exercise Habit

"Exercise Every



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Guide

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

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Strength Training  
exercising \*\*  
Guide

Use "Habit  
Anchoring" to  
Quickly Build a  
New Workout  
Routine (Tactic  
#4) \*\*

Determine  
\*What\* Workout  
Routine is  
Right for YOU  
(Tactic #1) \*\*

**Maximize Those**

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Guide

**Small Pockets  
of Time (Tactic  
#18) \*\* Harness  
the Power of Mi  
cro-Commitments  
to Never Miss a  
Daily Workout  
(Tactic #5) \*\*  
Use Technology  
(like mobile  
Apps) to Track  
Your Daily  
Exercise**

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Strength Training  
Guide

(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

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Strength Training  
Home Workout  
Guide

Routine (Tactic  
#27) Stop  
overthinking  
your exercise  
routine. It's  
possible to  
build your  
fitness,  
without  
requiring too  
much of your  
free time.

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to finally look  
and feel the

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way you've  
always wanted,  
and stay that  
way? The Simple  
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innovative new  
workout program  
designed to  
provide maximum  
results with  
the least  
amount of  
effort. Free of

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all the usual  
filler and  
hype, The  
Simple Six is a  
real program,  
for real  
people,  
offering real  
results. The  
unique  
programming  
method found  
only in The



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Simple Six is based on the idea that repeating a small amount of work consistently can lead to great changes in the way you look, the way you feel, and the way you

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think about  
fitness and  
exercise. If  
you're looking  
for a simple,  
straightforward  
way to build a  
strong,  
balanced, and  
capable  
physique, then  
The Simple Six  
is for you. The

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Simple Six  
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truly is the  
easy way to get  
in shape and  
stay in shape  
for the rest of  
your life!

A Coach's  
Handbook for  
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Racing and  
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Life

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**Train Dirty.**

**Live Hard.**

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**Fitness**

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in the World  
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and everything,  
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everywhere The  
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potential. Packed with workouts the author tried and tested in the pursuit of multiple world records, it's more than a book, it's the greatest training tool ever written!

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it's the first book to combine the teachings, tips and tricks of Olympic and World Champions into one, easy to follow resource. This book will show you how it's possible to: Live below 10% body fat with the aid of chocolate and Mayan secrets Add 27% more muscle mass,



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courtesy of tips from world heavyweight champions Increase speed by 10%, thanks to gold medal winning Olympic sprinters Squat, deadlift and bench weights you never dreamed of lifting, with the guidance of the world's strongest men Improve endurance capacity

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by 60%, thanks to the knowledge of world champions in multi endurance-based sports ...all of which the author has achieved during the 10-year 'Fitness Pilgrimage' that has taken him around the globe. Aiming to be the most eclectic and comprehensive fitness guide ever

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created, The World's Fittest Book is the sum and substance of over a decade of research and the collective wisdom of some of the greatest minds and athletic bodies in history. By learning the lessons within it, readers will understand 'fitness' better than the vast majority of the

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population. Every chapter will have an easy to digest workout within it and can be read individually. But if you want to read the stories and the science behind the routines, that's there too. Until now, there hasn't been a book covering such an ambitious range of

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areas, catering for the casual fitness

enthusiast seeking clarity and guidance in their own gym routine and kitchen habits as well as the seasoned

sportsperson who's hit a plateau and is searching for tips, tricks and tweaks they can make to their training and

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diet. This book changes that, and will take you on a journey to whatever level of fitness you want to find.

From an elite Special Operations physical trainer, an ingeniously simple, rapid-results, do-anywhere program for getting into amazing shape For

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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,

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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



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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

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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

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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

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substitutes for the world's most advanced fitness machine, the one thing you are never without: your own body.

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of your goal,  
bodybuilders,  
athletes, powerlifters  
and health  
enthusiasts will all  
get something out of  
it. Read the book that  
started it all!

A proven 21-day diet  
and lifestyle plan to  
help women with  
polycystic ovary  
syndrome (PCOS)  
take back control of

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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

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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

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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-



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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

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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:

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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

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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,

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her revolutionary  
program can now  
work for you.

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Book

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Body Blitz

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Training Program

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Your Body Quickly  
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plan that has  
been proven  
and tested by  
more than  
300,000 people  
in 154**

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**Whether you  
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pounds or 100,  
whether you  
want to build  
muscle or just  
look more  
toned, this book  
is the original  
“bible of  
fitness” that**

*Page 239/283*

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**shows you how  
to get  
permanent  
results the safe,  
healthy, and  
natural way. Do  
you want to  
shed fat and  
sculpt a new  
body shape at  
the same time?  
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or what kind of  
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Venuto has built  
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loss experts. In  
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you'll discover: -  
The simple but  
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revealing the  
four crucial  
elements of  
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success. - The  
New Body 28**

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**and easier than  
ever to follow,  
even if you are  
busy, have  
dietary  
restrictions, or  
have never  
worked out  
before. - The  
motivation  
strategies it  
takes to stick**

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**with your plan.  
Burn the Fat,  
Feed the Muscle  
is not about  
getting as  
ripped as a  
fitness model or  
becoming a  
bodybuilder like  
Tom did (unless  
you want to);  
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events. It's a  
guide for  
training, racing  
and perhaps  
even changing  
your life by**

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**proving to  
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you can reach  
the finish line of  
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marathon. You'll  
learn about  
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technique, how  
to consistently  
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**game required  
to go long, and  
how to go from  
a 1-hour run to  
your first 5+  
hour  
ultramarathon  
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in the program  
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**designed to  
take runners  
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**Handbook: a**

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**and post-race**

**rituals, race day**

**motivation,**

**logistics,**

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and insights  
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running.  
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to train, how to**

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**avoid the  
common pitfalls  
in training and  
racing, how to  
prevent overuse  
injuries and  
burnout and  
how to win in  
your mind to  
overcome the  
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training and**



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distances. Mind  
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powerful  
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Mind Hacks and  
training tools to  
support you in  
ultramarathon  
training and  
racing, as well  
as motivation to**

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**push through  
adversity and  
get out to train  
even when you  
don't feel like it.**

**Running  
Technique:  
lessons of  
efficient running  
technique, as  
well as a  
supporting set**

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**of drills.**

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**Triathlon is a  
master plan that  
will guide  
experienced  
triathletes  
through every  
week of their  
season. For  
each phase of  
training, Joe**

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**lays out the path to success, outlining clear objectives and the guidelines to meet them.**

**Joe Friel's highly refined training plans for sprint, Olympic, half-Ironman® , and Ironman® race**

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**distances will help serious triathletes deliver a breakout performance, even those with countless races under their belt. Joe offers a tool kit of proven workouts that**

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**will isolate and develop specific abilities. Within each workout and plan, he offers easy modifications to better manage personal limiters and improve performance.**

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**programs. Now  
Joe Friel, the  
most  
experienced  
coach in  
triathlon,  
reveals his  
formula for  
advanced  
training and  
coaches**

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**triathletes to  
their best race  
ever.**

**Discover the  
secret to being  
productive and  
successful when  
working from  
home with this  
essential guide  
to becoming a  
digital nomad.**

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**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,**

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**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**

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Guide

**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**

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Strength Training  
Guide

**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**

*Page 269/283*

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**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**

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**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**

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**this new  
lifestyle.**

**The 30-Second  
Body**

**LL Cool J's**

**Platinum**

**Workout**

**Strong Curves**

**UltraRunning**

**Activate Your**

**Full Human**

**Potential**



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**Greater Health,  
More Energy, A  
Longer Life:  
What the  
Founder of  
Twitter Has  
Discovered, And  
How It Can Work  
For You  
Unleashing The  
Wild Physique  
*Written 44 years***

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***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***

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***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***

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***philosophies  
have been  
molded from  
years of  
experience in the  
gym, and much  
trial and error.  
The internet is  
full of "experts"  
trying to make a  
buck on your  
desire to get in  
shape. Be honest:***

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Strength Training  
Guide

***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  
meant to cut  
through all the  
B.S. of online  
fitness gurus and***

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Strength Training  
Guide

***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 Book  
Freeletics Cardio  
Strength Training  
Guide

***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***

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Guide

**30-Day meal  
plan" "our special  
fat-loss powder"  
"this special ab  
cruncher" Ignore  
all that garbage.  
It's meant to  
keep you in a  
cycle of  
purchasing  
fitness products  
over and over  
again that never**



Read Book  
Freeletics Cardio  
Strength Training  
Guide

***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,  
with this simple  
realization:  
Getting Shredded***

Read Book  
Freeletics Cardio  
Strength Training  
Guide

***Is Simple.***

***The Art and  
Science of  
Strength and  
Physique Training  
Body By Simone  
The Bible of  
Bodyweight  
Exercises  
Angels  
Functional  
Training  
Handbook***

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Strength Training  
**Getting Shredded  
Is Simple**