



## Fitness for Your Life: You Can Do It

By Richard Giesbrecht

AUTHORHOUSE, United States, 2010. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This is a HOW TO book that is designed to benefit all ages at any level of fitness. It can also be used for cross training purposes to supplement other defined training programs in sports such as hockey, football and baseball. It contains over 200 body weight exercises, that you can use over a lifetime, and over 300 pictures to help teach proper form. It offers assistance to those new to training, in terms of knowing themselves physically and where to start, and even the seasoned fitness buff in terms of developing a variety of challenging new programs to test their level of fitness. No equipment or trainers are necessary! All you need is some loose clothing, limited space and your personal effort. The types of exercises included in this guide are designed to give you variety and make you feel challenged, while also providing interest and enjoyment for a lifetime. The exercises included are derived from training applications that include calisthenics, kick boxing, martial arts, plyometrics and yoga to name a few. They are combined to provide...



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