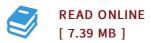




Your 12-week Guide to the Gym

By Paul Cowcher, Daniel Ford

IMM Lifestyle Books. Paperback. Book Condition: new. BRAND NEW, Your 12-week Guide to the Gym, Paul Cowcher, Daniel Ford, Your 12-week Guide to the Gym offers an achievable stepby-step guide to help get an unfit person to a definable goal - a 90 minute workout in 12 weeks. The book outlines how to get started, what's needed and how to make that first step. Then using the week-by-week guide the reader works towards the target goal in very gradual steps with a weekly programme plus basic tips on nutrition, motivation, stretching and so on. The emphasis is on a very gradual approach towards achieving the goal so that the reader feels comfortable and there is constant reaffirmation of achievements as he/she works through the programme. There will also be sections for the reader's own notes, which are important for that allimportant feeling of success as he/she works towards the ultimate goal of looking better and feeling fitter.



Reviews

This publication is fantastic. It can be rally intriguing through looking at time. You may like the way the author compose this publication.

-- Mr. Wilber Thiel

Thorough guide! Its such a very good go through. It is really simplified but surprises in the 50 % from the ebook. You will like how the blogger write this ebook.

-- Mr. Brandt Kihn