



DOWNLOAD



## Intensity the Home Workout (Paperback)

By Chris Lutz

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Over 40 intense home exercises done in a fashion for you to get the most out of working out at home. Easy substitutions or modifications are listed. If you have an injury or irritation, a slight modification can still allow you to perform the exercise or a substitution. Progression strategies and techniques to keep your efforts effective over time. Beginner movements all the way up to advanced techniques. - Full body workouts. -Upper body pushing and pulling exercises. -Lower body exercises. -Hip, thigh, and butt exercises women prefer to focus on. -More difficult exercise movements for men in the chest, shoulders, and biceps. -Mid-section (core), and even neck training exercises included. -All of your major muscle groups can be target and addressed effectively in this home workout guide. -Little to no equipment required. -Save on your gym membership. BONUS: How to Make Your Own Strap Suspension Trainer Guide. BONUS: Progress charts included to keep track of your efforts and achievements. BONUS: Calorie tracker spreadsheet tool to keep you on track with your calorie intake. BONUS: Food database with over...



READ ONLINE  
[ 2.55 MB ]

### Reviews

*This composed book is wonderful. It is amongst the most awesome book i actually have read through. You will like the way the author create this publication.*

-- Miss Fanny Osinski V

*This published pdf is wonderful. it was writtern really completely and valuable. I found out this book from my dad and i recommended this pdf to find out.*

-- Dr. Bryon Gleichner