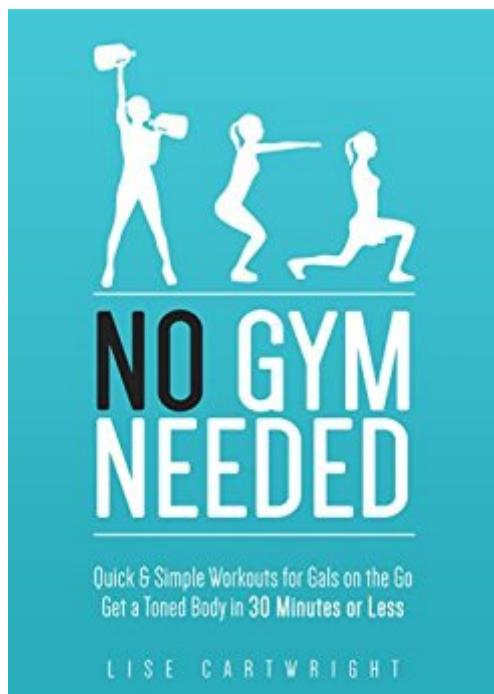


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# No Gym Needed - Quick & Simple Workouts For Gals On The Go: Get A Toned Body In 30 Minutes Or Less!



## **Synopsis**

When was the last time you went to the gym or exercised? When was the last time you actually enjoyed exercise or had the time to fit it into your hectic schedule? If YOU Hate the Gym...Whether you're a busy mom, single woman with an up and coming career or full-time entrepreneur, figuring out how to fit exercising and keeping healthy into your daily routines can be hard. How do you balance personal excuses, schedules and life in general so that you can get the body you want in the least amount of time, WITHOUT joining a gym? And... how do you make sure that you actually STICK to exercising... stick to body weight workouts that help you lose weight, are less than 30 minutes; without the need for annoying dumb bells or gym equipment? All these things require the right knowledge and can be tricky to implement and manage within your already busy schedule. Get Quick Workouts Now! In this hands-on, relaxed and action-packed book, Lise Cartwright explains how YOU can get the body you want, in 30 minutes or less, without having to step foot in a gym or purchase expensive weights and equipment. By using examples from her own personal experiences, she shows you how to get a toned body, using no equipment workouts, while also creating time to fit exercising into busy schedules. Lise will show you how you can get the most out of your exercise routines with quick workouts designed to be completed in less than 30 minutes "because we all have better things to be doing! In this how-to bodyweight exercises guide, the reader will be given:- Total Body Workouts using body weight burning exercises to help you quickly achieve a toned body in 30 minutes or less. If you're looking for quick workouts, the book is full of them!- 30-Day Programs to help kick-start your exercise program and develop your exercise habit - Lifestyle Hacks that will provide you with ways to stay fit and healthy, no matter what you do on a day-to-day basis. No Gym Needed provides insane home fat loss workouts and is concisely written with your busy schedule in mind. It teaches and shows you how to get the body you want no matter whether you're an entrepreneur, full-time mum and career women, college student, or anyone who loathes going to the gym. Don't let your busy schedule and gym loathing stop you from having the body you deserve...take action, follow the book's steps, and enjoy your new body and lease on life.

## **Book Information**

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## **Customer Reviews**

I really enjoyed the workout routines included in this book, especially the One Room Cardio routine. I never find time to drive 10 miles to my gym and I am not a huge fan of running outside, but I can still get in a great cardio workout at home and indoors using this routine. Also the book has a lot of helpful diagrams if you haven't used the different workout methods in the past. I definitely recommend this book for anyone working out on a time budget!

This book did not meet my expectations. If you are already familiar with the many exercises listed in this book, you could probably design your own programs. As a beginner, I was looking for simple explanations and photographs for a simple gym program I could implement in my home. Instead, this book provided lists and lists of different combinations of exercises, much more suitable for an experienced and accomplished person who works out.

This is a great workout and exercise book. Love it. I'm a big fan of HITT (high intensity training) and this book gives several fantastic workout routines. There is also valuable information on weight maintenance and healthy eating. Some great videos also accompany this so get the book today!

This book is full of great workouts and advice for any female who has a hard time finding the time to get to the gym before, during or after work. I bought the book for my girlfriend who already has her daily "home work-out" routine planned out for the next few weeks. She found the information in the

book to be extremely easy to follow and also robust enough so that it allows plenty of flexibility. There's no fluff added in the book, it's just solid concise information delivered in an easy to follow manner.

I use to be a trainer and often worked with people who hated the gym. This is the book I wish I had to recommend then, so if you are someone like my sister, who hates the gym, this the book to read. Simple plans, clear explanations about the work out, a great tool.

When I first saw this book I thought, "Oh no, not another one." But Lise's book is different!! There are some great charts that simply tell you what to do and for how long. Helps those of us that just need to be told what to do and not have to think too much about it. I also like the addition of the hula-hooping section -- I've never seen that before in a workout book! Great resource for women AND MEN who work from home.

Wonderful book. Now the money what goes to gym I can put on my investing portfolio! Ideas what author will provide are long lasting and it's all up to us on working those brilliant ideas! Thank you for the book! Br, Tarvo

I've never been one to stick to a gym routine I get so busy at work I want something that can help me get in shape but not take a ton of time out of my day. This book gives a ton of tips on exactly how to do it now I can get in a good workout without having to go to the gym and spend hours there a week. Plus I get to save money on gym memberships, that means more kindle books!

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Workouts For Sexy Abs And A Slim Body At Home (Get In Shape Workout Routines and Exercises Book 2) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) One-Hour Workouts: 50 Swim, Bike, and Run Workouts for Busy Athletes Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) Low Carb: In 20 Minutes - Over 60 Easy One Skillet Recipes in 20 Minutes Or Less Natural Meals In Minutes - High-Fiber, Low-Fat Meatless Storage Meals-in 30 Minutes or Less! The Thought Gym: Train the mind...and the body will follow! Brain Gym: Simple Activities for Whole Brain Learning BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language) Low Carb Microwave Cookbook: 40 No-Mess Quick and Easy Recipes Under 300 Cal to Make in 30 Minutes or Less for Busy People. (Low Carb & Microwave Meals) Dump Meals Box Set (11 in 1): Healthy and Easy-to-Make Recipes to Make in Less than 30 Minutes (Quick and Easy Microwave Meal Recipes) The South Beach Diet Quick and Easy Cookbook: 200 Delicious Recipes Ready in 30 Minutes or Less 17 Quick and Easy High-Protein Meals: That You Can Make in 12 Minutes or Less

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