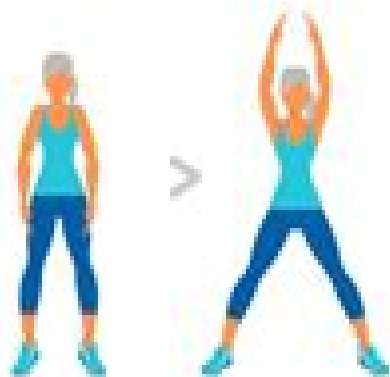
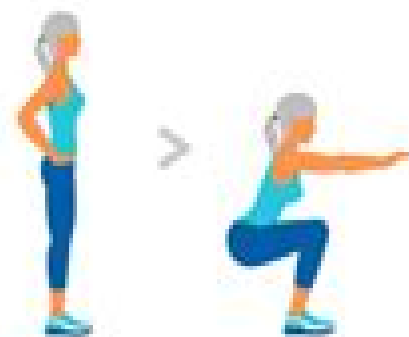




1 Jumping jacks



2 High knees
running to place



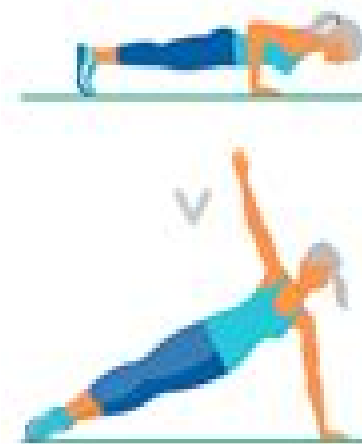
3 Squat



4 Wall sit



5 Lunge



6 Push-up and
rotation

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Fat-Burning Machine Mike Berland,Gale Bernhardt,2015-12-29 Despite being highly active Mike Berland struggled with his weight for nearly 30 years gaining one to two pounds each year steadily growing from 192 to 236 pounds He was losing hope until he met nutrition specialist Dr Laura Lefkowitz She taught him about his condition metabolic syndrome an energy utilisation and storage disorder that is affecting Westerners at an alarming rate Berland also worked with Gale Bernhardt an elite Olympic triathlon coach Together they have unlocked the secrets to handling metabolic syndrome and burning fat

The High Fat Diet Zana Morris,Helen Foster,2015-01-15 This groundbreaking new book rewrites the rules of effective weight loss to reveal the real secret to rapid and sustained weight loss quite simply to burn fat you need to eat fat Over the last 12 years leading trainer Zana Morris has helped thousands of clients get the results they want with her unique diet and exercise plan Now in this book she makes it available to everyone for the very first time Backed by the latest science showing that the right fats are healthy and aid weight loss not weight gain The High Fat Diet presents a unique nutrition plan and a targeted 12 minute high intensity workout which together will enable you to get the results you want and fast [www highfatdiet co uk](http://www.highfatdiet.co.uk) 14 day diet plan filled with delicious healthy fats You ll never feel hungry and will fuel your body with the nutrients it needs to burn fat and shed weight Includes easy to prepare recipes and indulgent meal suggestions Unique 12 minute high intensity exercise programme you can do in the gym or at home Includes stylish photographs tips on technique and answers to common questions 14 day maintenance plan after completing the initial 14 days to keep you on track Advice on motivation visualisation and goal setting so your mind and body work together Simple and highly effective The High Fat Diet will ensure you burn fat not muscle as you get rid of your unwanted pounds It is the only book you need to get the body you want

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Breast Fitness Anne McTiernan,Julie Gralow,Lisa Talbott,Lisa Talbott, MPH,2001-10-05 Never before has a book so clearly detailed how exercise can reduce the risk for and recurrence of breast cancer and how women can incorporate a safe and effective exercise program into their lives to fight against the disease In clear accessible language the expert authors explain How to ascertain your breast cancer risk factors What you can do NOW to prevent Breast Cancer Detailed diet and exercise programs that will keep you healthy and can save your life How to detect breast cancer early Your best lifestyle choices for surviving and thriving after diagnosis and practical steps to maximize your chances of the cancer never coming back

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Table of Contents Intensity The Home Workout

1. Understanding the eBook Intensity The Home Workout
 - The Rise of Digital Reading Intensity The Home Workout
 - Advantages of eBooks Over Traditional Books
2. Identifying Intensity The Home Workout
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Intensity The Home Workout
 - User-Friendly Interface
4. Exploring eBook Recommendations from Intensity The Home Workout
 - Personalized Recommendations
 - Intensity The Home Workout User Reviews and Ratings
 - Intensity The Home Workout and Bestseller Lists
5. Accessing Intensity The Home Workout Free and Paid eBooks

- Intensity The Home Workout Public Domain eBooks
- Intensity The Home Workout eBook Subscription Services
- Intensity The Home Workout Budget-Friendly Options
- 6. Navigating Intensity The Home Workout eBook Formats
 - ePub, PDF, MOBI, and More
 - Intensity The Home Workout Compatibility with Devices
 - Intensity The Home Workout Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Intensity The Home Workout
 - Highlighting and Note-Taking Intensity The Home Workout
 - Interactive Elements Intensity The Home Workout
- 8. Staying Engaged with Intensity The Home Workout
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Intensity The Home Workout
- 9. Balancing eBooks and Physical Books Intensity The Home Workout
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Intensity The Home Workout
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Intensity The Home Workout
 - Setting Reading Goals Intensity The Home Workout
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Intensity The Home Workout
 - Fact-Checking eBook Content of Intensity The Home Workout
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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