



Bootcamp Bodyweight Workouts for Personal Trainers: Start a Fitness Bootcamp Today! 25 All-Weather Workouts for Outdoor Fitness Groups. No Equipment Required.

By Garry Robinson

Createspace, United States, 2014. Paperback. Book Condition: New. 280 x 215 mm. Language: English . Brand New Book ***** Print on Demand *****. Make bad weather irrelevant and join the handful of savvy personal trainers who have figured out how to run a highly profitable outdoor fitness business all year round. Bootcamp Bodyweight Workouts is a collection of 25 brand new workouts (plus 5 fun warmup games), carefully organized into a well-structured program for general physical preparedness. Each workout is based on a unique blend of proven military training methods and sports team training drills - elegantly presented on an easy-to-follow, one-page layout. Start training immediately. The only equipment you ll need are some plastic markers and a handful of inexpensive jump ropes. Go ahead - start your own fitness group today! Train in the rain. You don t have to cart dirty, muddy equipment around. The workouts are based entirely on bodyweight exercises and were specifically designed to be done in all weathers. Now you can train outdoors, no matter what time of year it is. Look professional. We ve field-tested and refined this program on real groups of people: mums, office workers, triathletes and football teams. Exact timings for...



Reviews

Extensive manual for publication fans. It is actually filled with knowledge and wisdom You can expect to like how the author compose this pdf.

-- Alvina Runte PhD

This ebook may be worth purchasing. it absolutely was writtern extremely completely and useful. You will not truly feel monotony at whenever you want of your respective time (that's what catalogs are for relating to when you ask me).

-- Idella Halvorson

Related PDFs



13 Things Rich People Won t Tell You: 325+ Tried-And-True Secrets to Building Your Fortune No Matter What Your Salary (Hardback)

Reader s Digest Association, United States, 2013. Hardback. Book Condition: New. 231 x 160 mm. Language: English. Brand New Book. Did you read about the janitor who donated million dollars to his local library? Do you ever watch in amazement...



Your Pregnancy for the Father to Be Everything You Need to Know about Pregnancy Childbirth and Getting Ready for Your New Baby by Judith Schuler and Glade B Curtis 2003 Paperback

Book Condition: Brand New. Book Condition: Brand New.



Becoming Barenaked: Leaving a Six Figure Career, Selling All of Our Crap, Pulling the Kids Out of School, and Buying an RV We Hit the Road in Search Our Own American Dream. Redefining What It Meant to Be a Family in America

 $Createspace, United States, 2015. \ Paperback. \ Book Condition: New. \ 258 \times 208 \ mm. \ Language: English. \ Brand New Book ***** Print on Demand *****. This isn t porn. \ Everyone always asks and some of our family thinks it is for sure. but its not....$



Daddyteller: How to Be a Hero to Your Kids and Teach Them What's Really by Telling Them One Simple Story at a

Createspace, United States, 2013. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. You have the power, Dad, to influence and educate your child. You can teach your child about a virtue or...



Kidz Bop - A Rockin' Fill-In Story: Play Along with the Kidz Bop Stars - and Have a Totally Jammin' Time! Adams Media. PAPERBACK. Book Condition: New. 144050573X.



Self Esteem for Women: 10 Principles for Building Self Confidence and How to Be Happy in Life (Free Living, Happy Life, Overcoming Fear, Beauty Secrets, Self Concept)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand ******. Self Esteem for Women 10 Principles for building self confidence and how to be happy in life (free living, happy...