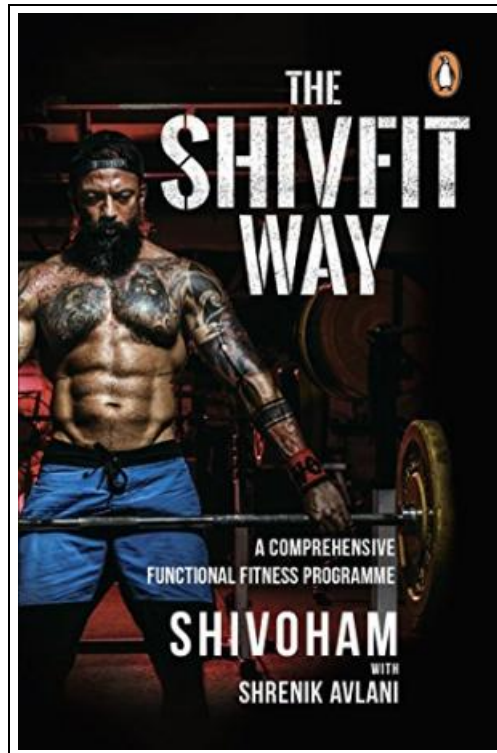


The Shivfit Way: A Comprehensive Functional Fitness Programme



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(Dr. Cordie Upton III)

THE SHIVFIT WAY: A COMPREHENSIVE FUNCTIONAL FITNESS PROGRAMME



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Penguin, 2018. Soft cover. Condition: New. 232pp. Shivoham is the trainer behind Aamir Khan's muscular look in Dhoom 3, Sonakshi Sinha's bodacious curves in Dabangg, Jacqueline Fernandez's lean physique and Abhishek Bachchan's fitness. One of India's foremost functional fitness trainers, Shivoham shows you how to work out without any equipment or machines. In this book, he combines cardio, strength training and weight exercises for a full-body workout. Shivoham also offers a whole new perspective on what it means to be fit and how to motivate yourself to start exercising. The book outlines the eight basic movements of all exercises that will help you achieve a strong body. Accompanied by pictures for each exercise, advice on different diets, over 100 detailed workouts and an interactive section that will help you track your progress, The Shivfit Way will ensure you meet all your fitness goals. You won't just get back in shape, you'll also look forward to working out.



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