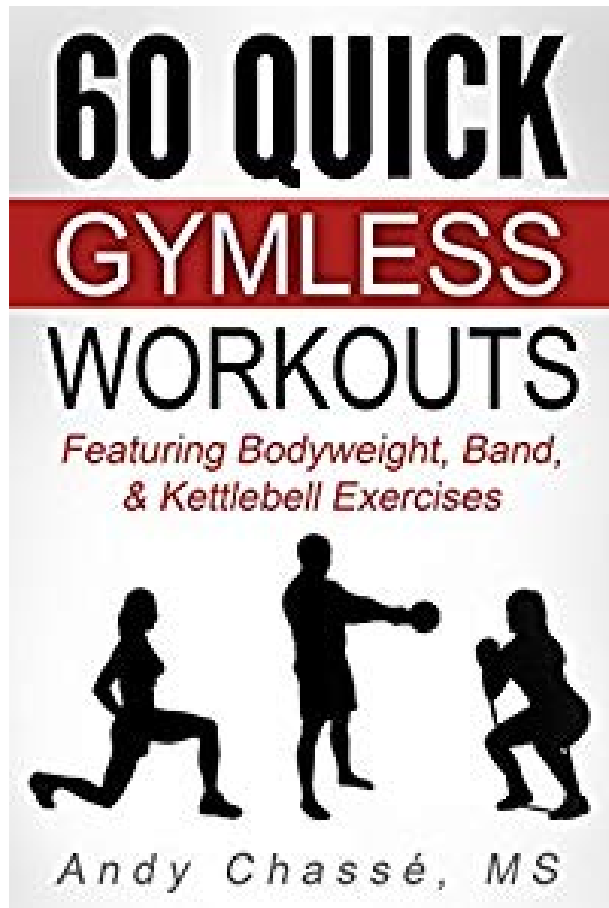


60 Quick Gymless Workouts: Featuring Bodyweight, Band, & Kettlebell Exercises



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Meet your new gym workout companion! 60 Quick Gym Workouts provides you with – yep, you guessed it – 60 unique workouts. These workouts feature at-home friendly exercises that require your body, resistance bands, and/or kettlebells. I'll be upfront with you: this is not a complex book.

It's not a program that you follow for four weeks or eight weeks, and it doesn't require you to understand serious exercise terminology. For better or worse, it's simply a collection of awesome workouts that will help you get fit (or fitter). It's written for complete beginners and super-advanced rockstars alike. Beginners will find plenty of "starter" workouts designed to help build a base of strength. The more advanced crowd, on the other hand, has the opportunity to confront fast-paced, intense circuits with hard-to-master movements. If you're worried about dealing with the same exercises that all minimal equipment books feature, don't be. You won't see a million different variations of pushups and pullups – who wants that, anyway? Instead, you get to rock fun exercises like Lunge to Squat Jumps, Anti-Rotation Alphabets, and Low-High Swings. As for the workouts, they're quick - typically 15 to 30 minutes long - but effective. You can use them to build strength, improve your conditioning, develop balance, and more. Perhaps most importantly, they're varied. There's something for everyone, and that's a promise. Here's a preview of what's inside: 100+ bodyweight, band, and

kettlebell exercises with video links and tips 20 bodyweight workouts 10 band workouts 10 kettlebell workouts 10 band and bodyweight workouts 10 kettlebell and bodyweight workouts And more, including a handy list of ways to modify exercises and workouts to your heart's content Important Note: This Book does NOT contain photos or complete descriptions for the exercises. Instead, each exercise is conveniently linked to a video demonstration. Please make sure that your device is capable of opening and viewing YouTube videos before purchasing.