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100 No-Equipment Workouts Vol. 1: Easy to Follow Home Workouts Suitable for all Fitness Levels

By: Neila Rey

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Hundreds of thousands of people all over the world use Darebee bodyweight, no-equipment workouts to exercise at home. The 100 Workouts Book is for everyone who wants to stay active, get fit, build muscle tone and/or shed extra weight in the comfort of your home without requiring any extra equipment. Be in complete control of your fitness. Customize each workout to your level. Start with the ones that play to your strengths. Workout for your own specific needs. The easy-to-follow, visual approach and three-difficulty Levels system puts you in complete control of your fitness: No more gym memberships (save your money for other things) No more worrying about gym clothes (exercise in your underwear). No more worrying about finding time to exercise (do it any time you want). And no more worrying about equipment or space (you need zero of the first and remarkably little of the second). Different workouts will ensure that your muscles don't get used to the same regime, giving you more in return, and also help you stay active and not get bored with the same routine. Some of the workouts are more challenging and some are easier than others so you will never get bored. All have three different levels you can try them at, so there is always something to aim for. Easy-to-follow visual routines guide you through the workout, as you go from one exercise to the next, in an easier fashion than in a video. Just follow the routine and have fun! You don't have to work through the entire book; you can pick the workouts you like most or randomly select one and make it a workout of the day. Ideally you want to do 3-4 workouts per week. Each workout is customizable to your level of fitness. There is a break of up to two minutes between workouts so you're never too tired to go on. By the time you complete each one you will be an entirely different person inside and out. By far the biggest difference will be in how you feel in your own physical ability and confidence in yourself.

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