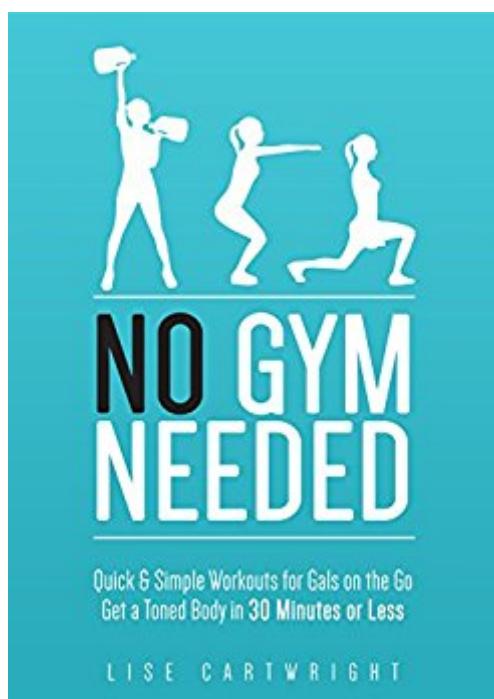


The book was found

No Gym Needed - Quick & Simple Workouts For Gals On The Go: Get A Toned Body In 30 Minutes Or Less! (Updated)



Synopsis

FULLY UPDATED 2017 When was the last time you went to the gym or exercised? When was the last time you actually enjoyed exercise or had the time to fit it into your hectic schedule? If YOU Hate the Gym...Whether you're a busy mom, single woman with an up and coming career or full-time entrepreneur, figuring out how to fit exercising and healthy weight loss into your daily routines can be hard. How do you balance personal excuses, schedules and life in general so that you can get the body you want in the least amount of time, WITHOUT joining a gym? And... how do you make sure that you actually STICK to exercising... stick to at home body weight workouts that help you lose weight, are less than 30 minutes; without the need for annoying dumb bells or gym equipment? All these things require the right knowledge and can be tricky to implement and manage within your already busy schedule. Get Quick Workouts Now! In this hands-on, relaxed and strategy-packed book, Lise Cartwright explains how YOU can get the body you want, in 30 minutes or less, without having to step foot in a gym or purchase expensive weights and equipment. By using examples from her own personal experiences, she shows you how to get a toned body, using no equipment workouts, while also creating time to fit exercising into busy schedules. Lise will show you how you can get the most out of your exercise routines with quick workouts designed to be completed in less than 30 minutes — because we all have better things to be doing! In this how-to body weight exercises for women guide, you'll get access to:- Total Body Workouts using body weight burning exercises to help you quickly achieve a toned body in 30 minutes or less. If you're looking for quick workouts, the book is full of them!- 30-Day Programs to help kick-start your exercise program and develop your exercise habit - Lifestyle Hacks that will provide you with ways to stay fit and healthy, no matter what you do on a day-to-day basis No Gym Needed provides at home weight loss workouts and is conversationally written with your busy schedule in mind. It teaches and shows you how to get the body you want no matter whether you're an entrepreneur, full-time mum and career women, college student, or anyone who loathes going to the gym. Don't let your busy schedule and gym loathing stop you from having the body you deserve...take action by scrolling to the top and clicking or tapping "Buy Now" and follow the book's steps, and enjoy your new body and lease on life.

Book Information

File Size: 12100 KB

Print Length: 218 pages

Page Numbers Source ISBN: 1501063898

Simultaneous Device Usage: Unlimited

Publication Date: September 2, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00N9LB1T6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #120,881 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #23

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Quick

Workouts #59 in Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts

#156 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Training

Customer Reviews

I really enjoyed the workout routines included in this book, especially the One Room Cardio routine. I never find time to drive 10 miles to my gym and I am not a huge fan of running outside, but I can still get in a great cardio workout at home and indoors using this routine. Also the book has a lot of helpful diagrams if you haven't used the different workout methods in the past. I definitely recommend this book for anyone working out on a time budget!

This book has numerous workouts suggested and comprehensive explanations on how to do each exercise correctly. It is easy to follow and provides user friendly options that anyone can do. I really love this book and highly recommend it to anyone interested in exercising not in a gym.

When I first saw this book I thought, "Oh no, not another one." But Lise's book is different!! There are some great charts that simply tell you what to do and for how long. Helps those of us that just need to be told what to do and not have to think too much about it. I also like the addition of the hula-hooping section -- I've never seen that before in a workout book! Great resource for women AND MEN who work from home.

This is a great workout and exercise book. Love it. I'm a big fan of HITT (high intensity training) and this book gives several fantastic workout routines. There is also valuable information on weight maintenance and healthy eating. Some great videos also accompany this so get the book today!

This is a great book for travelers, or people who prefer to work out at home. The promise "get a toned body in 30 minutes or less" is a good one, and after reading this book I can see how it is entirely possible. Why did I give 5 stars, when there's already so much info about working out available on the internet for free? Because this book covers many different types of workout, provides routines, and provides targeted workouts all in one place which I can get to and read without needing an internet connection. Definitely worth reading and using daily!

When it comes to home workouts, my mind always draws a blank on exercises to do, and I find myself doing the same routine over and over. (Push ups, pull ups, sit ups). No Gym Needed is an excellent guide for anyone who is looking to gain more out of their in-home workouts, and get in shape without dealing with the hassles of the gym..

I use to be a trainer and often worked with people who hated the gym. This is the book I wish I had to recommend then, so if you are someone like my sister, who hates the gym, this the book to read. Simple plans, clear explanations about the work out, a great tool.

A GREAT BOOK perfect for the home workout!! In this book you will find easy workouts, lifestyle hacks and lots of ideas to get you healthy and fit without the gym! Get a new lifestyle in 30 minutes or less with the practical advice and great tools in this book. You will also find diagrams to help you out that are easy to follow and fun to add into your daily fitness plan!

[Download to continue reading...](#)

No Gym Needed - Quick & Simple Workouts For Gals On The Go: Get A Toned Body In 30 Minutes Or Less! (Updated) No Gym Weight Loss: A Simple, Easy & Proven Guide to Build the Body of Your Dreams with No Gym & No Weights Fast Exercise: The simple secret of high intensity training: get fitter, stronger and better toned in just a few minutes a day Swim Workouts for Triathletes: Practical Workouts to Build Speed, Strength, and Endurance (Workouts in a Binder) Butt Workout (6-Week Plan): The Best Butt Workout Guide And Butt Workout Routines To Give You The Lifted Butt You've Always Wanted (How to Get an Amazing Butt, No Gym Needed, Sculpt Perfect Curves) Mental Toughness Workouts: 30 Workouts To Forge Your Mind & Body To Greater Heights Calisthenics:

30 Minutes to Ripped - Get Your Dream Body Fast With Body Weight Exercises and Calisthenics (Calisthenics, Body Weight Training, Bodyweight Strength) Bodybuilding: Gym Bible: 48 Best Exercises To Add Strength And Muscle (Bodybuilding For Beginners, Weight Training, Bodybuilding Workouts) (Bodybuilding Series Book 1) Get Ripped Abs: A Comprehensive Guide to the Best Way to Get Ripped Fast! Be a Sexy Beast by Summer! (Bodybuilding, Ab Workouts, How to loose belly fat, How to get abs) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) 30-minute Coloring Pages for Adults: Simple Quick & Easy Coloring Patterns that You Can Finish in Only 30 Minutes or Less (Mini Coloring Book for Grownups) (Volume 1) The Home Workout Handbook: Proven Workouts to Get Lean and Ripped in 30 Minutes a Day CrossFit Workouts at Home - You can do these 24 workouts anywhere! Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) One-Hour Workouts: 50 Swim, Bike, and Run Workouts for Busy Athletes Bodybuilding: Arm Bible: 39 Best Workouts For Bigger And Stronger Arms (Bodybuilding For Beginners, Weight Training, Weight Lifting, Bodybuilding Workouts) (Bodybuilding Series Book 2) HIIT: High Intensity Interval Training Guide Including Running, Cycling & Bodyweight Workouts For Weight Loss: Including Running, Cycling & Bodyweight Workouts for Weight Loss MUSCLE MASS Without A Gym: Gain Monkey Strength in 10 Minutes a day Twice a Week with Bodyweight Exercise Natural Meals In Minutes - High-Fiber, Low-Fat Meatless Storage Meals-in 30 Minutes or Less! Low Carb: In 20 Minutes - Over 60 Easy One Skillet Recipes in 20 Minutes Or Less (Low Carb Cookbook, Low Carb Diet Cookbook, Low Carb Cookbooks)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)