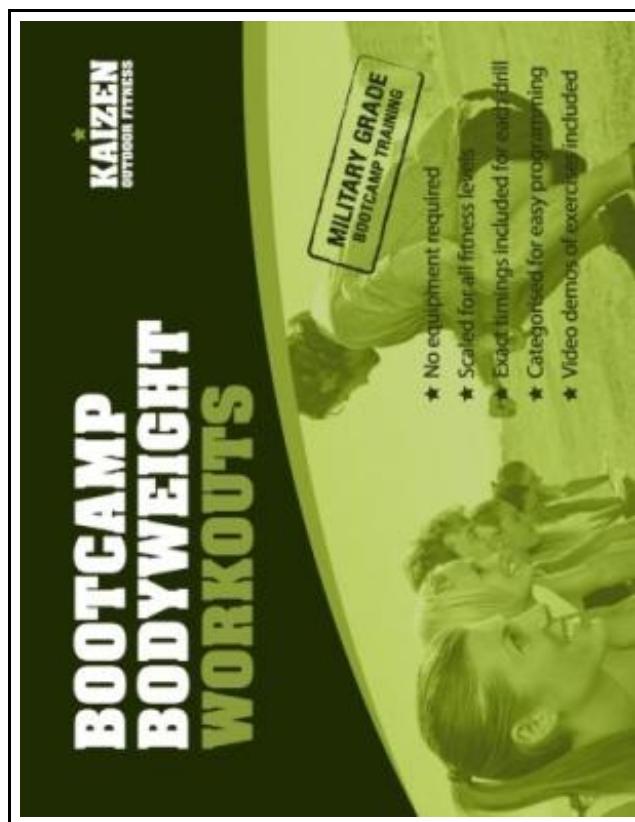


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Createspace, United States, 2014. Paperback. Book Condition: New. 280 x 215 mm. Language: English . Brand New Book ***** Print on Demand *****. Make bad weather irrelevant and join the handful of savvy personal trainers who have figured out how to 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 each drill are included, along with exercise progressions and regressions where relevant. You can be confident that every session finishes on time and demands maximum effort from every participant. Impress your clients with how professional this makes you look. INCLUDES A FREE BONUS RESOURCE - Video Demos of 40 Bodyweight Exercises Download a special report containing video demos for every bodyweight exercise used in the Bootcamp Bodyweight Workouts Program. Design your own workouts based on these highly-functional, natural movements. An invaluable resource in its own right, this special report is included for FREE.



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