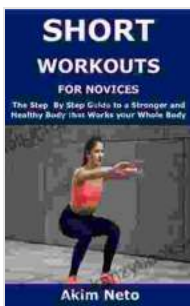


Short Workouts For Novices: The Ultimate Guide to Getting Fit

If you're new to working out, the thought of getting started can be daunting. You may not know what exercises to do, how often to work out, or how long each workout should last. That's where Short Workouts For Novices comes in. This book is designed to help you get started with a fitness routine that is both effective and sustainable.

What's Inside Short Workouts For Novices?

Short Workouts For Novices is packed with everything you need to know to get started with a fitness routine, including:



SHORT WORKOUTS FOR NOVICES: The Step By Step Guide to a Stronger and Healthy Body that Works your Whole Body by Claudia Black

★★★★☆ 4.4 out of 5

Language	: English
File size	: 458 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 18 pages
Lending	: Enabled



- Step-by-step instructions for over 50 bodyweight exercises

- Sample workout plans for beginners, intermediate, and advanced exercisers
- Tips on how to stay motivated and avoid injuries
- Advice on how to make the most of your workouts

Why Choose Short Workouts For Novices?

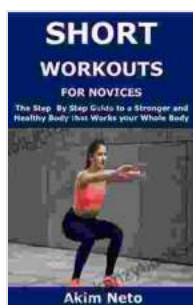
There are many reasons why Short Workouts For Novices is the perfect book for beginners, including:

- It's written by a certified personal trainer with over 10 years of experience.
- It's packed with clear, concise instructions and helpful photos.
- It's designed to help you get started with a fitness routine that is both effective and sustainable.

Free Download Your Copy Today!

If you're ready to get started with a fitness routine that is both effective and sustainable, Free Download your copy of Short Workouts For Novices today.

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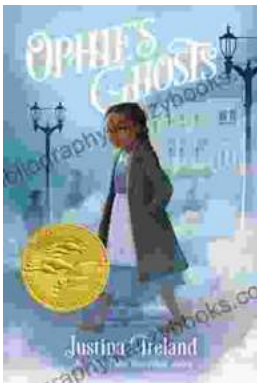
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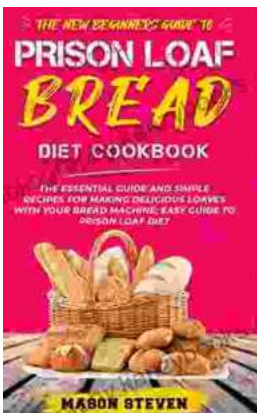
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