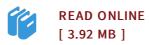




Your 12-week Guide to the Gym

By Paul Cowcher, Daniel Ford

IMM Lifestyle Books. Paperback. Book Condition: new. BRAND NEW, Your 12-week Guide to the Gym, Paul Cowcher, Daniel Ford, Your 12-week Guide to the Gym offers an achievable stepby-step guide to help get an unfit person to a definable goal - a 90 minute workout in 12 weeks. The book outlines how to get started, what's needed and how to make that first step. Then using the week-by-week guide the reader works towards the target goal in very gradual steps with a weekly programme plus basic tips on nutrition, motivation, stretching and so on. The emphasis is on a very gradual approach towards achieving the goal so that the reader feels comfortable and there is constant reaffirmation of achievements as he/she works through the programme. There will also be sections for the reader's own notes, which are important for that all-important feeling of success as he/she works towards the ultimate goal of looking better and feeling fitter.



Reviews

A whole new e book with an all new point of view. It is one of the most incredible book i actually have go through. I am easily could possibly get a enjoyment of reading through a written book.

-- Nathanael Treutel

Completely essential go through book. I actually have go through and i am sure that i am going to going to read yet again yet again later on. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Edwardo Rohan III

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Taylor Francis Ltd, United Kingdom, 2009. Paperback. Book Condition: New. $242 \times 174 \text{ mm}$. Language: English . Brand New Book. In recent years there has been an increase in research into childhood depression, and it is now recognised that depression can severely...