



Women's Home Workout Bible

Brad Schoenfeld

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Shed unwanted weight, sculpt your physique, tone muscles, reduce joint pain, or simply be healthier and more fit. *Women's Home Workout Bible* will show you how--all in the privacy and comfort of your own home.

In *Women's Home Workout Bible*, best-selling author and renowned personal trainer Brad Schoenfeld shares his secrets on the perfect at-home workout. Step by step, you'll identify the home gym setup and workouts for your fitness goals, schedule, and budget.

You'll learn how to set up your personal gym for as little as \$100, or expand your options with more equipment for \$500, \$1000, or more than \$2500. Whatever your budget, with over 160 exercises, you'll have plenty of variety, including bands, balls, free weights, and fitness machines.

Women's Home Workout Bible will then ensure you get the most out of your investment. You'll learn how to set up workouts and organize your training for noticeable results. To get you started, there are 12 four-week programs for conditioning, sculpting, and core stability, plus three levels of fat-burning cardio workouts. And with expert advice, exercise tips, and answers to the questions you always wanted to ask, it's like having your very own personal trainer and fitness consultant.

If you're ready to reclaim your body without the expense or scrutiny of public health clubs, you need *Women's Home Workout Bible*.

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