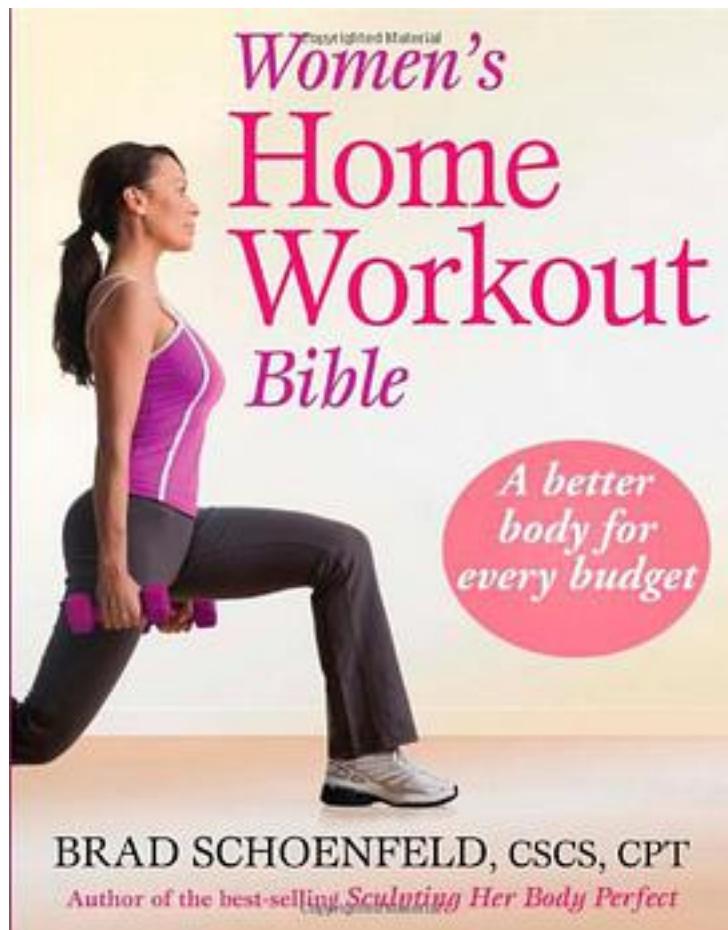


The Women's Home Workout Bible



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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, the reader identify the home gym setup and workouts for fitness goals, schedule and

budget. The home gym user will learn how to set up a personal gym, or expand options with more equipment for any budget. With over 160 exercises, there is plenty of variety, including bands, balls, free weights and fitness machines. "Women's Home Workout Bible" will then ensure readers get the most out of the investment. Learn how to set up workouts and organise training for noticeable results and to get started, there are 12 four week programmes for conditioning, sculpting and core stability, plus three levels of fat-burning cardio workouts. With expert advice, exercise tips and answers to the questions readers have always wanted to ask, it's like having a very own personal trainer and fitness consultant.

作者介绍:

目录:

[The Women's Home Workout Bible 下载链接1](#)

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