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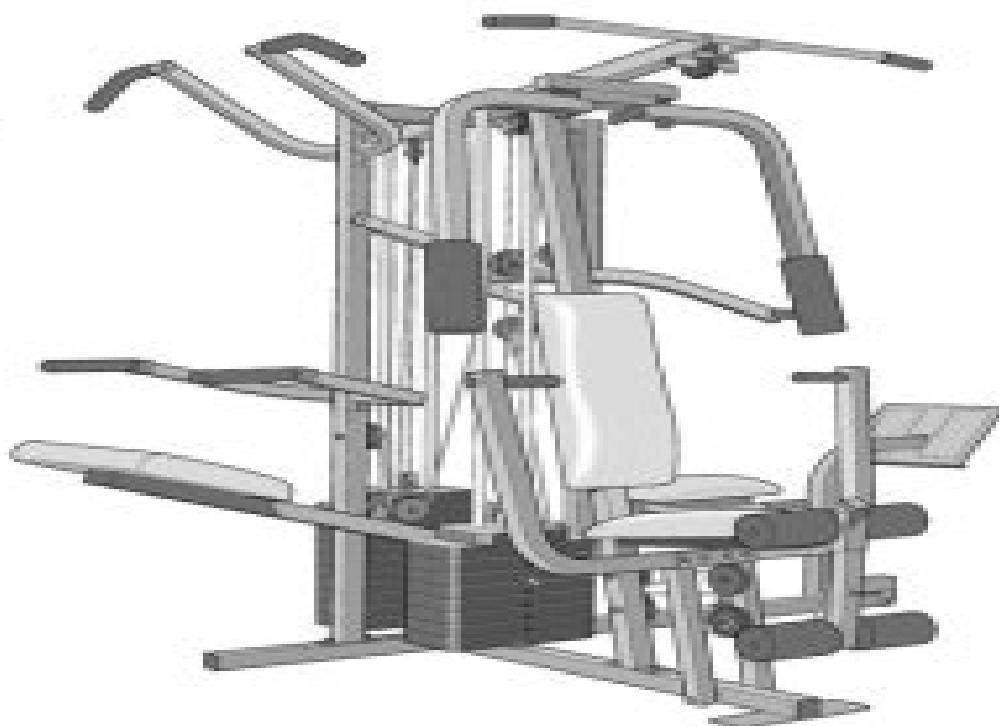
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Steve Holman, 1990 [Home Workouts](#) A. G. Scott, 2020-10-12 How to tone and sculpt your body even if you hate cardio or have never stepped inside a gym and don't plan on doing so. At one point or another we've all told ourselves I'm going to sign up for a gym membership and really do it this time or I swear I'll do my workout later on tonight. We all know the benefits of exercise. It improves our physical and mental health, gives us more energy and boosts our self image. So why is it so hard to start an exercise regimen and even harder to stick to it? Despite our best intentions, life gets in the way and there always seems to be an obstacle stopping us from actively trying to live healthier. Whatever the reason, continuing to live a sedentary lifestyle isn't doing you any favors. In fact, physical inactivity is the 4th leading risk factor for global mortality and is a strong predictor for weight gain, cardiovascular disease and other chronic conditions. Does this mean that you have to make drastic lifestyle changes to start improving your health mentally and physically? Or that you need to give up time doing what you love just so you can spend hours in the gym? Not at all! I'll let you in on a secret that the fitness industry doesn't want you to know: You don't need fancy equipment or expensive trainers to sculpt the body that up until now you've only imagined. A. G. Scott knows firsthand the amazing results that can be achieved with home workouts and so he has put together the only exercise guide you'll ever need. In Home Workouts Anyone Anytime Anywhere you will discover The six key elements every workout must have in order to make the most of your time and effort and how they will have you seeing results sooner than you would.

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