



Home Workout For Beginners: 6 week Fitness program with fat burning workouts & f

James Atkinson

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If you would like a progressive training routine that: • Will break you in gently • You can do from home • Will not take up a lot of your time Then this book is for you! If you are one of the millions of people that: • Has “tried everything to lose weight” • Or you are one of those people that knows that you need to do something about your situation as the weight is creeping on, your fitness levels are dropping and you know that only a life style change will help you. • Is unsure about joining a gym or fitness. (I know, this can be daunting) • Knows that it’s time to change but have not got a clue where to start Again, you will benefit from this book. Hi, I’m James Atkinson (Jim to my friends and readers). I’m a qualified personal trainer and fitness coach, competing bodybuilder and have a burning desire to help others reach their fitness goals. I have been training for over fifteen years. This training has taken me from long distance running to bodybuilding competition. It is fair to say that I have learned the secrets of weight loss and fitness from my own personal journey. I have been fat, skinny and muscle bound throughout my fitness career and I really feel fulfilment from helping and advising others when it comes to their goals. So this book is all about fitness for the beginner. Believe me; I can empathise with the beginner. There is so much contradicting information out there today that it will confuse the training newbie to a point that it will actually kill their potential. It is for this reason that I wrote this book, If I was overweight, had no motivation but knew what I know now, I would start my weight loss / fitness journey with this 6 week home workout. Good luck and remember that I am always happy to help where I can. All the best Jim Email: Jim@swapfat4fit.com One more thing!.... I strongly believe that anyone can get the fitness results that they want. It just takes a bit of consistency and work. To help you along with the diet aspect of your journey, I have created this PDF for you. The PDF holds some of my very own recipes. Everyone that knows me knows that I love my food! But living a healthy lifestyle means that some of the best foods are out of bounds..... Or are they? I have messed around in the kitchen and created some great recipes that are low in fat, low in sugar and high in quality nutritional value. As a thank you for your interest in my book, I would like to offer you these 7 healthy recipes that will really help to boost your results! Just visit the site below: <http://swapfat4fit.com/reader-bonus/> Happy cooking!

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