

Lucy Croft As usual, Jim has written a book that is straight talking and easy to follow. Great stuff!! Amazon Verified Purchase, Paulette Mahurin (usz) I ventured on into reading about other key factors to exercise: food and motivation; which were conservatively and effectively written. It is a useful and well written exercise book. Amazon Verified Purchase, Dex This book is perfect for the beginner. The author doesn't just set you a routine and set you on your way, he explains clearly, why you are doing each part of the training. Amazon Verified Purchase, Chris Naish The print and display motivational posters included inside should prove helpful to the rush of new years resolution trainees who drop their new habits quickly due to lack of motivation. If you would like a progressive training routine that: Will break you in to an exercise routine gently You can do from home Will not take up a lot of your time Will keep you motivated Then this book is for you! If you are one of the millions of people that: Has tried everything to lose weight Knows that it's time to change but have not got a clue where to start Is unsure about joining a gym or leisure club. ( I know, this can be daunting) 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. 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 happened to be a beginner to fitness, overweight, recovering from an injury or unhappy with my body in any way and I know what I know now, this 6 week routine is exactly what I would do to start me off! Good luck and remember that I am always happy to help where I can. All the best Jim Email: [Jim@swapfat4fit.com](mailto:Jim@swapfat4fit.com)

Windows 8 MVVM Patterns Revealed: covers both C# and JavaScript (Experts Voice in Windows 8), The Self-Publishing Manual: How to Write, Print, and Sell Your Own Book (Large Print), Mindfulness. La profonda percezione di se: Esercizio guidato (Italian Edition), Friedrich der Grosse; ein offener Brief an Thomas Mann - Primary Source Edition (German Edition), Finding Your Inner Mama: Women Reflect on the Challenges and Rewards of Motherhood, Joomla! Search Engine Optimization, The life and public services of Dr. Lewis F. Linn,: For ten years a senator of the United States from the state of Missouri, The Russian Enigma,

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