



## Your Fitness Training 2-In-1: Yoga Poses and Calisthenics for Beginners (Paperback)

By Timothy Morrison

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Have you ever heard anything about fitness junkies? Fitness junkie is a person who needs some dose of physical training on a regular basis. Obviously, this is not the worst type of addiction. After all, we all need to provide a certain level of physical activity for our general health. On the other hand, too many vigorous workouts could pose an obstacle on the way to your fitness goal. The balance between workout and recovery is a crucial factor in your long-term fitness success. This bundle of fitness books will show you both sides of the proper training system. The first book in the bundle is Calisthenics for Beginners: 10 Steps to Build Your Own Bodyweight Training Program: Combine the Best Bodyweight Exercises in Ways that Allow You to get an Incredibly Effective Street Workout. You are the person who defines the goals and builds your own system of training. Changing with time your aims and priorities is a quite natural way of your physical development. You also could choose a set of skills which is a key factor in your favorite...



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