



## Gym-Free and Ripped: Weight-Free Workouts That Build and Sculpt

By Nathan Jendrick

Dorling Kindersley Ltd. Paperback / softback. Book Condition: new. BRAND NEW, Gym-Free and Ripped: Weight-Free Workouts That Build and Sculpt, Nathan Jendrick, The ultimate low-cost, low-maintenance workout-no gym or weights required. "Gym-Free and Ripped" is for people needing workouts and exercises that can be performed without a gym-and with no, or minimal, equipment. Whether one is traveling, at home, or for whatever reason cannot go to a gym, these exercises-organized into workouts-provide one with gym- equivalent bodybuilding and toning. The author, both a certified fitness trainer and a photographer, carefully shows each exercise with step-by-step instructions. Multiple workouts are provided so that the reader can keep things fresh by varying routines. Additionally, the author offers nutrition and supplementation guidance to ensure maximum benefits from the body-building and toning workouts.



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