



The Complete Guide to Outdoor Workouts (Complete Guides)

Matt Lawrence

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The Complete Guide series is designed for the fitness professional, coach, fitness enthusiast and student, packed with ready-made training programmes, tips and strategies.

Outdoor exercise is not only a cheaper alternative to the gym but it also offers immense scope and variety in terms of the activities you can do. Within the tried and trusted Complete Guides format comes this definitive guide focusing on functional training exercises in the great outdoors. Covering physiology and core training principles as a starting point, this book includes different workouts for different environments - park, beach, back garden, and covers the use of a variety of popular equipment - from ViPRs to kettlebells.

Packed with colour photography, clearly illustrated exercises and the latest training programmes tailored to different outdoor pursuits, *The Complete Guide to Outdoor Workouts* is the ultimate how-to guide for any fitness enthusiast who wants to get out there and make the most of the outdoors!

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Russell Bussey:

Playing with family in a park, coming to see the coastal world or hanging out with close friends is thing that usually you may have done when you have spare time, after that why you don't try issue that really opposite from that. One activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love The Complete Guide to Outdoor Workouts (Complete Guides), it is possible to enjoy both. It is fine combination right, you still wish to miss it? What kind of hang type is it? Oh come on its mind hangout men. What? Still don't get it, oh come on its called reading friends.

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