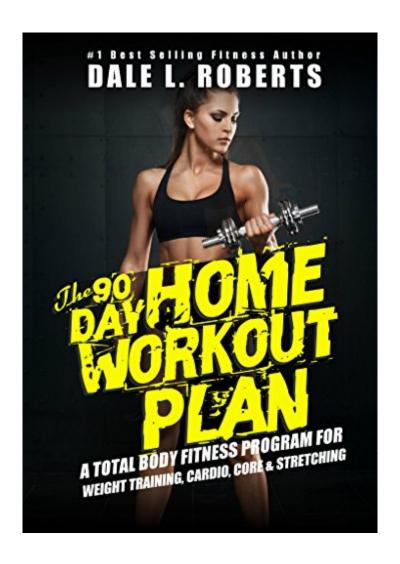# The 90-Day Home Workout Plan: A Total Body Fitness Program For Weight Training, Cardio, Core & Stretching

Synopsis

Are you tired of having a flabby stomach, no muscle tone, and zero energy? Wouldnâ ™t you feel great being precisely who you were born to be?Then, â œThe 90-Day Home Workout Planâ • has precisely what you need to look great naked, increase your energy and dominate your life.The #1 Best Selling Fitness Author Dale L. Roberts presents your foolproof exercise program to capture the body youâ ™ve always dreamed of but could never get. Stop fooling around with stupid fad diets, trendy workout programs or total bullsh*t theories spouted off by some flabby dumdum at the gym. You need sound advice on the fundamentals of working out with credible resources and proven results. â œThe 90-Day Home Workout Planâ • gives you everything necessary to claim the body youâ ™ve always wanted, the confidence youâ ™ve always needed and the unbound energy to rule your life!In â œThe 90-Day Home Workout Plan,â • youâ ™ll discover:Why it doesnâ ™t take all-day workouts to get impressive resultsHow short hit-and-split exercise programs work bestWhat simple exercises are missing from most workout plansHow less workout equipment equals less stressThe marriage of two distinct types of training combines for incredible outcomesFun yet powerful workouts to bring out the best in the beginner to advanced athleteHundreds of high-quality images of exercise demonstrationsBrief yet easy-to-understand instructions90 days of exercise programming to keep you going for months to comeEasily modifiable workouts to use anywhere, at any timeAnd, so much moreStop depriving yourself of what you so rightfully deserve! Get a better body, accelerate your energy and rule the world with your newfound health and fitness!Scroll Up & Click the Buy Button to Claim Your Badass Body TODAY!

Book Information

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Customer Reviews

As the author states there are millions of fitness books on the market today. So what makes this 90 day home workout program any different?The course takes you through 3 phases. Each phase lasting 30 days â " â " for a total of 90 days.The author indicates that these workout programs are not designed for bodybuilding. If you're looking to feel better, look leaner and accomplish more in less time than this is the book for you.The workout has 5 unique components. It consists of, a warm-up, cardio training, weight training, core development and stretching. This program comes complete with a list of exercises for each day. Although the author states that you don't want to necessarily count repetitions, the workout is tough enough he states. There really isn't much equipment that's required to complete this workout.You need a pair of dumbbells (a set of adjustable dumbbells will probably be preferential,) a jump rope, and pretty much that's it. The course is not heavy with push-ups (although there are enough different types of push-ups that are included) and pull-ups like in the P90X program. But if you're looking for a low-cost alternative to Tony Horton's and Beachbody's 90 day workout then this is a very low cost alternative. The course is illustrated with full-color photographs that illustrate each of the movements. Overall this is a great workout and a great book to own. Highly recommend.

A Personal Trainer, right there in your iPad/Kindle!Why spend hundreds on a gym/personal trainer when you can follow the guided plan in this book in the comfort of your own home? It makes it so much easier to fit into your schedule too. There are awesome pictures in this book showing you how to do each exercise, and a plan telling you what to do and when. This way you are getting a fully rounded workout program.Also I love that it's not a skinny model in a magazine "showing" you how to do something with the perfect lighting and make up etc... Those just make me want to throw the magazine in the trash. I'm taking all the pages and printing them into a binder so I can easily flip a page open and keep track of what I've done. I'm just more of a hands on reader personally, and also prevents sweating onto your iPad! Can't wait to check out the rest of Dale's books.

"The 90-Day Home Workout Plan: A Total Body" by Dale Roberts is a very helpful workout resource which is highly organized and simple to read. The book provides an excellent introductory program for warm-ups, cardio, weight training and stretching together with illustrations which depict the essential movements clearly. A strength of the book is that the author covers both "Total Training", as well as, Interval Training.Illustrative exercises include the calf raise, squats, hammer curls and much more. For instance, a "calf raise" is described, as follows. "Separate your feet shoulder - width apart and raise your heels off the ground, pause, then slowly return to the ground."At the end of the book, readers are invited to download a free report on "The Ten Best Fitness Tools." This resource helps you to lose weight, melt off fat and get into great physical condition. Individuals may vary in how their metabolism operates. Nonetheless, a number of exercises in this book should assist athletes in achieving the requisite metabolic burn to lose weight for hours after the workout has concluded. Overall, "The 90 Day Home Workout Plan-A Total Body" by Dale L. Roberts is a wonderful resource for exercise enthusiasts everywhere.Immortality Commons

I am on week 5 of Daleâ ™s program. I have lost 10 pounds and I feel great!I have traveled quite a bit over the last three years. I went from doing a Warrior Dash in 2013, to being completely sore after my first workout in Daleâ ™s program. It was very humbling. In so many of the places I traveled I did not have access to a gym. I would try to run, or even walk, but I used the Alaska weather as an excuse to not work as hard as I should have.With this program there are no excuses. You could do an entire routine in your hotel room, and I have. It would be better to have dumb bells of course, but if I didnâ ™t have access to something I could use as weights I would just switch my interval day with a resistance day. When itâ ™s 20 degrees outside, I just run stairs instead of run outside. The program is flexible and it works!I would recommend this to anyone that doesnâ ™t want to (or canâ ™t) head to the gym every day (though it would definitely work for any of you that can!)

Ahh yes, a 90-day home workout plan. Many will try, few will succeed. But the reason that most people drop their fitness goals is not because of a lack of desire. NO....in fact, the number one reason why so few people are able to achieve their fitness goals is because the majority of people DON'T HAVE A SET PLAN.Take it from my personal experience -- the only way to make your fitness goals stick is to create a clear plan of action and follow through. But the following through part can be super exhaustive when you don't know what exercises to do or how to execute your

plan. Don't be one of those people who make excuses. This book has the EXACT blueprint you need to follow to without second guessing yourself. If you read this book and are still coming up with reasons why you cannot follow through, save yourself the mental strain and find something easier.This 90 day home workout plan is for people who are ready to pull the trigger to look and feel sexy. Are you in or out?

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