



Johnnys Simple Dumbbell Workout

By Johnny Aliotti

ProTips Media. Paperback. Book Condition: New. Paperback. 108 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Johnny Aliotti is a certified personal trainer, fitness expert, and competitive body builder, still in fantastic shape even in his fifties. He now offers his comprehensive guide to staying fit and healthy by working out with dumbbells. In addition to the workout techniques, the book includes his favorite fitness oriented recipes. For all levels, first time to advanced, Johnny takes you through it - 15 Illustrated Stretches: Learn how to stretch correctly for maximum benefit before, during, and after your workout. - 5 Weekly Routines for Multiple Levels: Get and stay in shape the right way with these simple effective routines, at home, in the gym, even in a hotel while traveling. Each routine is referenced to the illustrated exercises. - 30 Illustrated Dumbbell Exercises: Easy to follow with minimal equipment. - 37 Recipes: Wholesome tasty food ideas to reinforce your workout. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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Very useful to all category of individuals. It is one of the most amazing publication i have got read through. You will not feel monotony at anytime of your respective time (that's what catalogs are for about when you question me).

-- **Mr. Johnathon Dach**