



Farmer Gym s Almanac: 365 Days of Body- Weight Workouts.and More (Paperback)

By Jason Harle

Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Your on-the-go fitness reference book, FARMER GYM S ALMANAC contains 365 days of body-weight workouts, plus 50 kettlebell workouts, and more! From the back of the book: You reap what you sow. And when it comes to fitness, sowing enough to reap results can be a challenge. Farmer Gym s Almanac destroys your excuses and plows through your obstacles by giving you the tools to develop a sustainable workout regimen you can perform anywhere, anytime. With over 400 mostly equipment-free workouts, Farmer Gym s Almanac teaches you how to use your body as your machine and your environment as your gym. The result is a harvest of total-body fitness, built upon simple principles and earnest labor.



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