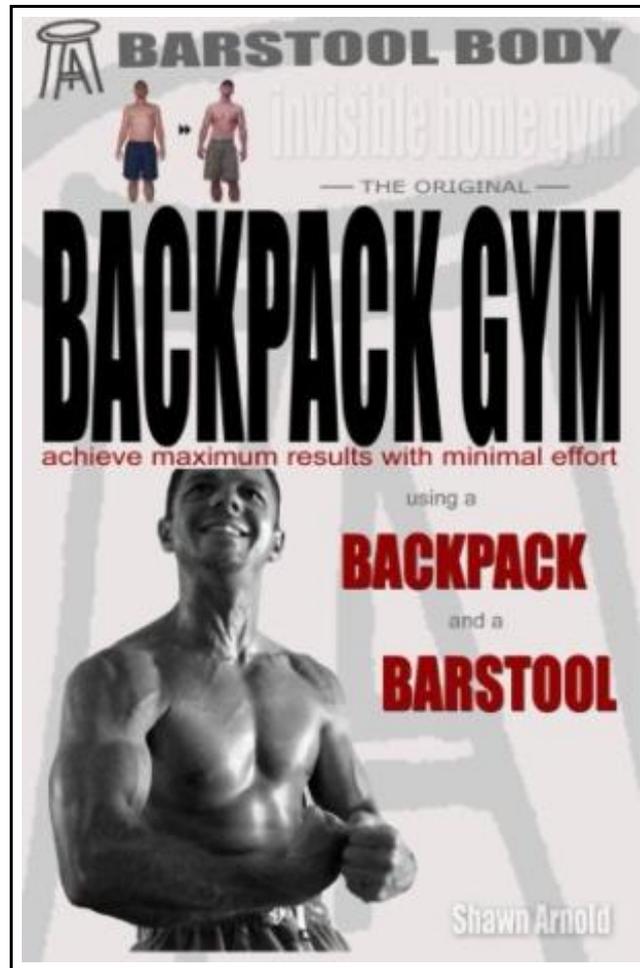


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Createspace Independent Publishing Platform, United States, 2012. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Use a BARSTOOL and a BACKPACK to sculpt your abs and build the body you ve always wanted! Faced with the scare of high blood pressure I was determined to lose weight and to find a solution that would fit into my small home and extremely tight budget. However, due to my busy schedule I didn t have a lot of free time to devote to exercise unless I wanted to wake up at 4am. Unfortunately, I m not a morning person so waking up at the crack of dawn just wan t going to happen. My local community center offered a great rate on their memberships for residents of and people who work in the community. They had machines and equipment which allowed me to work muscles most of us don t even have. However, having to wait to use the equipment further cut into the already short amount of time I allotted for exercise. I attempted to squeeze exercise into my day by going for jogs during my lunch hour, but that left me sweaty and uncomfortable and made it difficult for me to find the motivation needed to maintain a successful exercise program. Therefore, I decided to do a little research and formulate a plan that would fit into my lifestyle and it s limitations. As a teenager I spent a lot of time exercising with traditional home gym equipment. In my parent s basement I had a weight bench fully equipped with free weights, a straight bar, a curling bar, dumb bells, and leg curling machine. I also had a larger machine that used heavy duty resistance bands. While these machines...



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