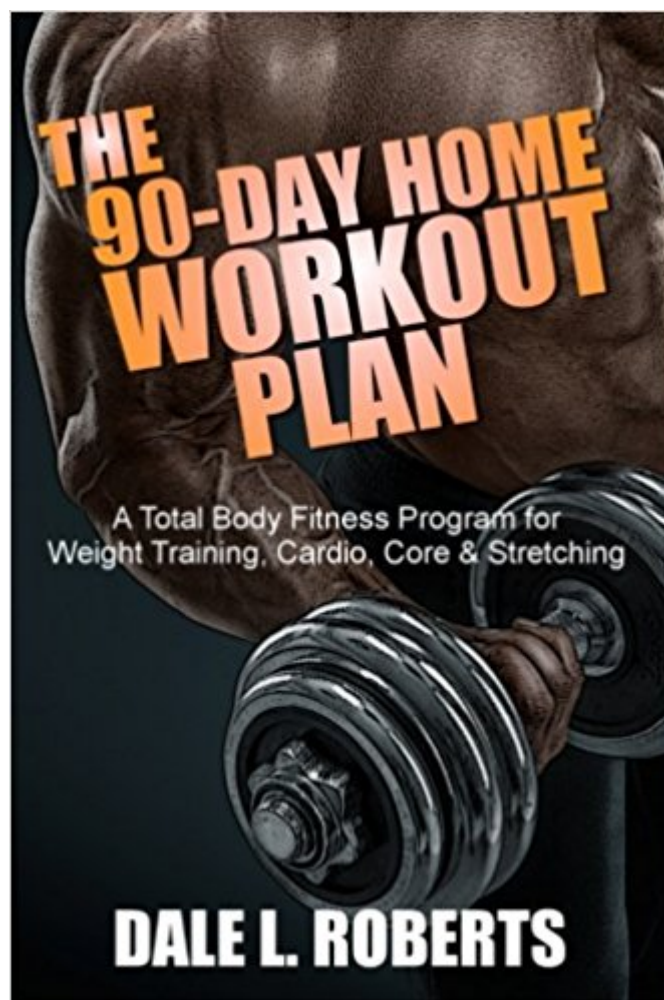




The book was found

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



Synopsis

At-Home Workouts to Lose Weight and Build Muscle These fast and simple workouts burn fat and build muscle, all from the comforts of your home. You can exercise in the privacy of your home, so you're free to wear what you want, act how you like and crank your favorite workout songs while you get into great shape. While the gym is the perfect respite from a long day of work, there are times when the gym is one huge inconvenience. People drop weights, invade your personal space and sometimes smell so awful you get your cardio training simply running away from them. It takes every fiber of your being not to turn around and just head home. Well, you want to know what? You don't have to deal with the gym and can still get a killer workout. And **the 90-Day Home Workout Plan** is your solution! **The 90-Day Home Workout Plan** includes: How to have a kickass workout in record time (HINT: You won't spend hours, I guarantee that!) What vital components you're missing in your workouts to lose weight Simple yet specific instructions on what to do and when to do it The secret to sticking to a fitness routine and enjoying it for the long haul A fully customizable 90-day fitness program Hundreds of high-resolution images of the exercises And, so much more Find out why **the 90-Day Home Workout Plan** is your solution to losing weight and building muscle today! Scroll Up & Click the Buy Button to Get Your Copy Right Now!

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Customer Reviews

"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."-NorseGirl (

Verified Purchase)_____ "The 90-Day Home Workout PlanÂ by Dale Roberts is a very helpful workout resource which is highly organized and simple to read."-Dr. Joseph S. Maresca (Hall of Fame, Top 1000 Reviewer)_____ "I am on week 5 of Dale's program. I have lost 10 pounds and I feel great!"-CBAAlaska (Verified Purchase)_____ "This is a workout manual for the very organized person who is willing to follow a workout schedule."-Rebecca of (Hall of Fame, Top 500 Reviewer, Vine Voice)_____ "This is a very comprehensive, clear and concise guide to working out at home and all it really takes is moving the coffee table out of the way. And it is a great workout!"-Stevie NicovicÂ (Verified Purchase)_____ "A great book for anyone starting out in the gym. Or, thanks to the many tips in the book, starting out in your own home, saving money on gym memberships."-Max BÂ (Verified Purchase)_____ "Everything you could possibly need for an at-home fitness plan, well put together, great instructional photos, charts for your workouts. I was thoroughly impressed having a background in fitness and nutrition myself."-Joshua PaulÂ (Verified Purchase)_____ "The elements are simple, explanations clear, and his exercise illustrations are very well done. A great way to get started or to up your game if you are already active."-Michael H. JohnsonÂ (Verified Purchase)_____

Hey! I'm Dale, a high-energy personal trainer and #1 bestselling fitness author. Today I'm in great shape, but it hasn't always been that way. I loved to read, write, and play video games, yet secretly wished to be bigger, stronger, and leaner. Then I discovered pro-wrestling and fell in love with the sport. The good-guy versus bad-guy stories told in the ring reminded me of superhero comics from childhood. I became motivated to push myselfâ "to be just like those superheroes. So, I immersed myself in health and fitness information and learned to build muscle, burn fat, and develop strength. Eventually, I lived my dream of becoming a pro-wrestler and experienced some of the greatest moments in my life. I want to share my journeyâ "my knowledge and passion for health and fitnessâ "and hope to inspire others into becoming the superhero they've always dreamed of being. Are you ready to become a fit and healthy superhero? Join me as I continue my journey. Want a killer workout plan to get started NOW? Can't wait to get on the right track to becoming a fat-burning machine? Then go to <http://dalelroberts.com/signup> to join my online fitness community. And, you'll get "The 4-Minute Fat Burning Workout Plan" free!

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 “ 30 ” 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.

In terms of a workout book, this is one of the best I have come across! What drew me in from go is the first section on the 5 components of a 90 day plan and what to keep in mind. The author emphasizes that this workout plan is not about the number of reps we do, but about the discipline and management of weight loss for the entire body. It is well detailed plan, precisely tabulated, and there is very little room for error. I love the pacing of the exercises as well.

I’m not a gym person so this book seemed like a good option for working on fitness at home. It is appropriate for most fitness levels, and there is a lot of variety, so I’m not getting bored with the workouts yet. There are 5 main components to each routine, involving warm-up, cardio, weight training, core, and stretching. You don’t have to count reps, just spend the specified time on each component. The workouts are formatted in a style that can be easily printed out for reference while you’re doing them. I also appreciated that each exercise is explained in text and with pictures.

I am on week 5 of Dale’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 Dale’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 didn't have access to something I could use as weights I would just switch my interval day with a resistance day. When it'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 doesn't want to (or can't) head to the gym every day (though it would definitely work for any of you that can!)

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.

'A total body fitness program'.... Except they have taken out ALL of the pictures of how to do the exercises in the Kindle version. No warning is given when you purchase this that it is a redacted no-pictures version. I want the pictures to show me how to do the exercises! Bait and switch. Buyer beware.

A great book for anyone starting out in the gym. Or, thanks to the many tips in the book, starting out in your own home, saving money on gym memberships. A refreshing approach. This 90-day workout can actually be done right in your own home. The first part of the book goes into detail about the "why's", and the latter part tells you "how". Or rather, shows you how, thanks to the many photos that is included. But with good descriptions, too. This really makes all the difference, as you are trying to do the exercises. Every day of the 90-day period is explained in diagrams. Everything is included from warm up, cardio, weights etc. A very good book for anyone who wants to improve overall strength and health in a well thought out program. Recommended!

Everything you could possibly need for an at home fitness plan, well put together, great instructional photos, charts for your workouts. I was thoroughly impressed having a background in fitness and

nutrition myself. Great Job!

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Sports/Fitness) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) How To Build The Rugby Player Body: Building a Rugby Player Physique, The Rugby Player Workout, Hardcore Workout Plan, Diet Plan with Nutritional Values, Build Quality Muscle Total Chi Fitness - Meridian Stretching Exercises for Ultimate Fitness, Performance and Health (Chi Powers for Modern Age Book 2) Total Chi Fitness: Meridian Stretching Exercises for Ultimate Fitness, Performance and Health (Chi Powers for Modern Age)

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