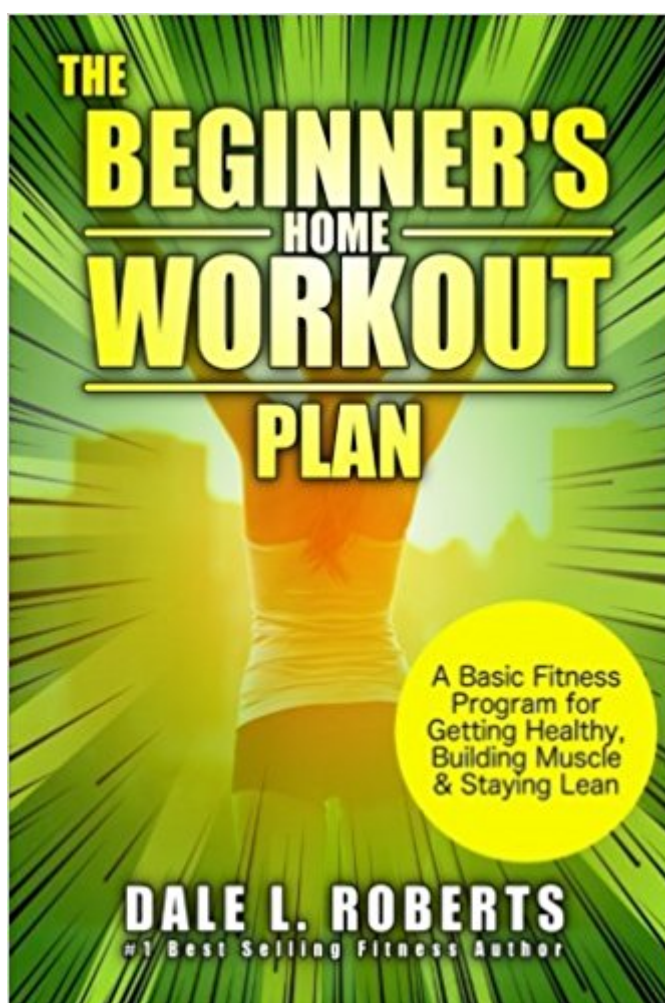


The book was found

The Beginner's Home Workout Plan: A Basic Fitness Program For Getting Healthy, Building Muscle & Staying Lean



Synopsis

Are you ready to finally begin working out, but don't know where to start? Wouldn't it be nice to get a simple exercise program you can do anywhere and at any time? Then, "The Beginner's Home Workout Plan" has exactly what you need without all the extra filler. The #1 Best Selling Fitness Author Dale L. Roberts put together the best first step for anyone new to fitness. Stop fooling around with stupid fad diets, trendy workout programs or shaky theories that don't have a leg to stand on. You need sound advice on the fundamentals of working out with credible resources and proven results. "The Beginner's Home Workout Plan" gives everything you need to start your new healthy lifestyle on the right foot and continue on to even better health and fitness. In "The Beginner's Home Workout Plan" you'll discover: Why beginners don't have to kill themselves for impressive results How short hit-and-split exercise programs work best What the simple exercises that are missing from most workout plans How less workout equipment equals less stress Fun yet powerful workouts to bring out the best in the beginner Appropriate home workouts for both men and women Hundreds of high-quality images of exercise demonstrations Brief yet easy-to-understand instructions Over 90 days of exercise programs to keep you going for months to come Learn how to lose weight fast naturally without dieting and keep it off! Easily modifiable workouts to use anywhere, at any time The perfect health and fitness guide for weight loss All in a short book so you can read it quickly, exercise right away and see results ASAP And, so much more Stop hoping you get the right results by blindly searching the web for answers! Get the correct information on the best steps for a beginner's home workout plan right NOW! Scroll Up & Click the Buy Button to Start Your NEW at Home Workout Routine TODAY!

Book Information

Paperback: 56 pages

Publisher: CreateSpace Independent Publishing Platform (June 13, 2016)

Language: English

ISBN-10: 1534689249

ISBN-13: 978-1534689244

Product Dimensions: 6 x 0.1 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 11 customer reviews

Best Sellers Rank: #650,178 in Books (See Top 100 in Books) #30 in Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts #65 in Books > Health, Fitness &

Customer Reviews

Reviewed by [Tshombye K. Ware](#) for [Readers'](#) FavoriteThe Beginner's Home Workout Plan by Dale L. Roberts is a wonderful little book on fitness and the benefits of exercising. The author has included valuable information on health, along with visual stimulation to guide readers in a particular exercise and the benefits thereof. Even though the book is short, it is jam-packed with nuggets of information in a fruitful journey toward total fitness. I have read many books on the topic and I can concur with everything the author wrote. One of the things I love most is the statement below. [I can't](#) promise chiseled abs, extreme weight loss, or toned muscles from The Beginner's Home Workout Plan. In fact, [I](#) state right now, what you can expect. [1. Simple steps](#) [2. Realistic results](#) [3. A reasonable and safe action plan.](#) Some books promise false hope in order to hook a potential buyer or reader. Those particular books may go even further and declare anyone who participates in their program will look like the image on the cover. It's possible, but highly unlikely. The fitness expectation stated by the author is ideal for all fitness endeavors. That statement is backed up with knowledge, which leads to a plan of action. This book is condensed with so much information that I can only imagine the countless hours it took for the author to gather. This shows the author's genuine desire to help others reach their fitness goals. I would recommend this book to anyone looking to become the best version of themselves.

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 myself [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 journey [my](#) knowledge and passion for health and fitness [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/4minutes> to join my online fitness community. And, you'll get "The 4-Minute Fat Burning Workout Plan" free!

An easy to read and simple to follow exercise routine. I love the reference about taking care of your health and winning the lottery. I would recommend this book to everyone starting out on a fitness journey. Actually I learned from it too and I have been exercising for years.

Short, simple and to the point. It didn't need to be 400 pages, but contains just what a beginner needs as advertised in the title. The big on motivation and goal setting was useful without going all hippie. You could find all the same info using Google, but for the price here, why bother.

Well thought out. Helped me get in better shape.

He takes the guesswork out of the workout routine. He keeps it simple, yet effective. He also has progressions for each exercise.

great book nice workout plan

I've read a few other books from the author and I wasn't disappointed by this one either. 3 main parts stuck out to me: 1 - Honesty Too many of the people in the fitness industry act like they are and always have been this perfect fitness god with an 18 pack and biceps the size of your head. His honesty about where he was to where he is at was refreshing and made it easier to forgive where I was to where I'm going. 2 - The S.M.A.R.T. Goals I had originally heard about SMART goals from a past employer and paid zero attention to it. Seeing it here was interesting and gave me a new perspective on setting goals. The perspective that saying "I want to (x)." isn't enough to accomplish a goal. 3 - The Exercise Descriptions Nothing bugs me more than people assuming I know exactly what an exercise is, let alone the best way to perform it. It was nice to get a real sense of how I should be perform them. The pictures were extremely helpful.

This is a very well-written book, and the author's enthusiasm is infectious. Some nuggets that I took away from this book: I love the idea of keeping a journal and taking photos at different stages of my work-outs (when I begin, after a few weeks, etc.). Also, I love the author's acronym for keeping track of goals: SMART: Specific, Measurable, Attainable, Realistic, Time-specific. The heart-rate

discussion was very helpful, and in the future I will refer back to this. Even the discussion of coffee sweeteners was interesting. I will shift over to sugar and Stevia. All around, a great book with lots of helpful advice in it. Thanks Dale!

This Beginners Home Workout Plan helped me get back into my workout routine. I spend a large portion of my time working on my online businesses and have family obligations that leave me with little time to go to the gym. I really like how honest Dale is in his description of himself in the introduction because it really motivated me to begin working out even when it's not the perfect timing. "I was never happy with my buggy-whip arms, chicken legs, and gradual increase in my waistline. Though I outwardly exuded confidence, inwardly I felt ashamed of my appearance and lifestyle." I also like that in the section "The Underestimated & Unsung Hero of the Greatest Home Workout Plans", one of his greatest tools for success in the gym is a fitness journal. By implementing journaling into my workout routines, I've been able to get myself motivated to work out when I wake up early in the morning. I find that when I read about my planned exercises, I can focus much easier on the workout because I don't wonder what I will do after I have finished a few sets with my current exercise. The Beginner's Home Workout Plan is a great book that I highly recommend to anyone who thinks they don't have the time to go to the gym. This book could also be helpful for someone who has a lot of workout equipment at home who wishes to get back into the routine of working out again!

[Download to continue reading...](#)

The Beginner's Home Workout Plan: A Basic Fitness Program for Getting Healthy, Building Muscle & Staying Lean Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series) Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series Book 4) The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Second Edition) (The Build Healthy Muscle Series) Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout

Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (The Muscle for Life Series Book 3) Carb Cycling: Unleash Your Body's Maximal Potential to Burn Fat and Build Lean Muscle Mass While Staying Lean (Including Recipes, Carb Cycling Diet, Ketogenic ... Muscle While Burning Fat, Healthy Body) Intermittent Fasting: Everything You Need to Know About Intermittent Fasting For Beginner to Expert Build Lean Muscle and Change Your Life (Lean Lifestyle, Lean Muscle, Lose Fat) Calisthenics: 18-Minute Calisthenics Workout Plan for Beginners: The Most Superior Collection of Exercise and Fitness Books (Bodyweight Exercises, Calisthenics ... Workout Plan, Calisthenics Workout,) The Isometric Exercise Bible: A Workout Routine For Everyone (abs, building muscle, anti aging, exercise workout, home workout Book 1) The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy 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 Supplements: The Ultimate Supplement Guide For Men: Health, Fitness, Bodybuilding, Muscle and Strength (Fitness Supplements, Muscle Building, Supplements ... Diet, Supplements Guide, Supplem) Intermittent Fasting: How To Lose Weight, Burn Fat & Build Lean Muscle The Easy Way (Intermittent Fasting, Burn Fat, Build Lean Muscle, Lose Weight) Intermittent Fasting: 7 Beginner's Intermittent Fasting Methods for Women & Men - Weight loss and Build Lean Muscle Hacks (Intermittent Fasting, Fasting Methods, Build Lean Muscle Book 1) Muscle building box set: Ectomorph:How to Pack on as Much Muscle as Possible in the Shortest Time,The 10 Best Ever Muscle Building Technique,30+ Bulking Recipes,3x books in one ,

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)