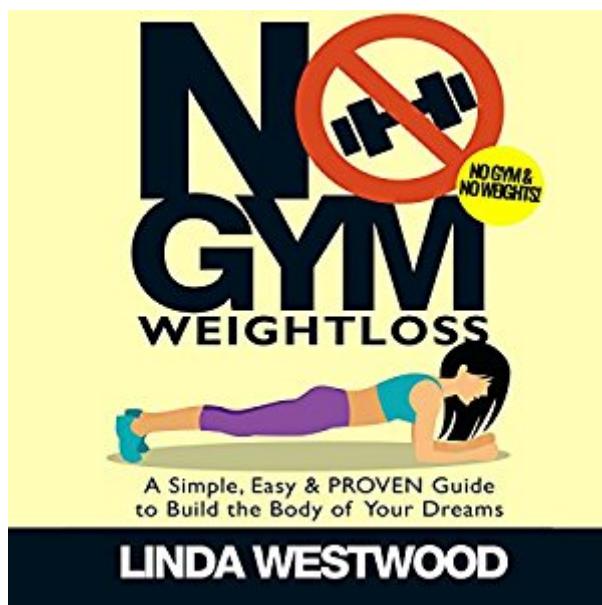


The book was found

# No Gym Weight Loss: A Simple, Easy & Proven Guide To Build The Body Of Your Dreams With No Gym & No Weights



## Synopsis

Save your money! Let me show you how you can actually lose weight without a gym membership! From the best-selling author, Linda Westwood, comes No Gym Weight Loss: A Simple, Easy & Proven Guide to Build the Body of Your Dreams with No Gym & No Weights! This book will help you lose weight and get you closer than ever before to your dream body without ever stepping foot in a gym. This book provides you with a "no bulls\*\*t" approach to improving your health and seeing serious amounts of weight loss by eating healthier and working your body out at home. Gyms are a waste of time and money if you do the right things at home. Instead, spend that saved money on something to reward yourself, such as a massage! I will go through and show you how you can lose weight effectively and quickly by adding a few important things into your life and by removing critical things holding you back that you are currently doing. You will also get a comprehensive break down of workouts and exercises that you can do at home without any gym equipment. These workouts were specifically chosen because they boost your metabolism and increase your energy levels - meaning you will lose weight faster naturally. Are you ready to feel healthier, fitter, and stronger than ever before? Then get your copy of this book now and see what you are missing out on!

## Book Information

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## Customer Reviews

This is a really good book which provides highly valuable weight loss tips, eating habits, and effective exercises for those who cannot afford the luxury of a gym membership, or simply don't have enough time to go to the gym. Got it for a couple of friends of mine and they've been very

pleased with it!

I am a busy person which do not have time to go to Gym and do some exercises to gain weigh loss. This book taught me that even though without going to gym you can still achieve the weight you wanted. The information is to the point and I do like the tips and tricks this book shared because I can easily follow them.

The book is awesome well written, to follow this book you can easily make your body slim and sexy. I following these techniques from 7 days and I lose 3 LBS this is a big achievement for me thanks.

This is a very effective and "straight to the point" guide, I would recommend it to everybody for reading. Thank you for doing the research to keep us healthy. it does a comparative analysis of other weight loss options.

Great exercises. I was using the gym for strength training for practically my entire adult life and got bored. I have been on a program described in this book for a week now and feel great. Good variations to keep you challenged when the basic moves get to easy. Recommended for anyone interested in training without the need for a gym.

This book is a must for every woman out there. I've learned a lot from this book. I can imagine myself reading this book all over again and again. Overall, this book is really worth having.

This book is beginning any exercise Wight loss and healthcare programed. The author did an excellent job and also written very well. That's why I just can understand the whole book very easily. I would highly recommended to read this book everyone.

Great bodyweight exercises and programs. I will never go back to the gym again after reading this book. Very well done.

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**Strengthen Your Core Muscles, and Change Your Body for Life. (Work out,Flat Stomach,Weight loss)**

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