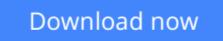# Running and Strength Training Box Set: 90 days Running Program for Beginners Combined With a 20 minute Daily Training (Running and Strength Training, Running For Beginners books, strength training)

Michael Smith, Jefrey Morales

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BOOK #1: Strength Training For Beginners: Lose Your Weight and Start Looking Fit and Sexy with a 20 minute Daily Training

Are you fed up with trying to lose that weight, all that effort, and yet still your body looks out of shape? Maybe you have managed to shed a few pounds but yet you don't seem to look any different? We have the reasons as to why this has happened, right here in this book. Diet plans, and many exercise programs, simply do not tone up the muscle, so whilst you may have less body mass, your body is still out of shape. This book will show you strategies to overcome this problem. Strength training not only helps you to lose weight, but at the same time it tones up those slackened muscles and skin. There are other benefits to loosing weight with this method, such as decreasing chances of heart disease, diabetes and osteoporosis. We will explain why this is the best method to lose weight.

Once you start, you may not want to stop. If this is you then we have suggested some equipment, for those who wish to become more experienced. Whilst this book does not have a specific dietary plan, we will make suggestions of a healthy diet. This way you can lose weight at the same time as toning your body. By following the exercises in this book you will feel the energy levels rise, at the same time as watching your body shape improve.

In this book you can find about:

• Workout plan for just 20 minutes every day, toning up
• Feel the many benefits of Strength Training
• No experience required, we will help even the beginner to achieve their ideal body shape

BOOK #2: Running For Beginners: 90 days Running Program for Beginners for Faster Weight loss and Better Mental Health

Running for Beginners is a fresh, unique look at the exciting and challenging exercise program we call "running."

As you will learn in Running for Beginners, running can increase your health, stamina, and it can build your confidence in both your professional and personal life. This is one of those "must have" books for anyone desirous of improving their quality of life through running. Running for Beginners will reveal tips and secrets to successfully embracing running as an excellent form of cardiovascular exertion. You will also learn about the chemical reactions in your body as you run, how they impact your performance, and increase your endurance. In merely 90 days, you will see results, improve your mental health and lose those unwanted pounds.

In this book you will identify the:

- Essential gear
- Preparation
- Diet
- Correct mental attitude to make this form of exercise bring out your true potential.

Getting Your FREE Bonus

Download this book, and find **"BONUS: Your FREE Gift"** chapter right after the introduction or after the conclusion.

Download your copy of *"Running and Strength Training Box Set: Running and Strength Training Box Set: 90 days Running Program for Beginners Combined With a 20 minute Daily Training to Start Looking Fit and Sexy and Faster the Weight loss"* by scrolling up and clicking **"Buy Now With 1-Click"** button.
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