



# **Workouts For Women: Cross Training for Her: The Ultimate Female Training Guide for a Lean & Sexy Physique (Butt Workout, Squats, Kettlebell Workouts, Strength ... Bodybuilding, Home Workout, Gymnastics)**

*Scott James*

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## **Ladies... You're About To Find Out How To Build A Lean, Sexy & Healthy Physique!**

Today only, get this Amazon bestseller for just \$2.99. Regularly priced at \$9.99. Read on your PC, Mac, smart phone, tablet or Kindle device.

*Let me ask you a few quick questions...*

**Are you tired of spending endless hours walking on the treadmill?**

Are you sick of following the same boring workout regime week after week?

**Are you training hard, yet struggling to see results?**

Do you struggle to find time to get in a proper workout?

**Do you want a sexy, toned physique like the girls of Victoria's Secret, along with unbreakable confidence and a mindset to match?**

**If you answered yes to any of the above then Cross Training For Her is a must read.**

## **Here is A Preview Of What This Book Contains:**

- Shocking myths debunked regarding women & weightlifting
- **Guidelines for how women should train, in order to achieve the toned body of their dreams**
- A look into the benefits of weightlifting, as opposed to conventional cardio exercises for women
- **An explanation on what the hybrid training style known as Cross Training actually is, along with the top reasons why you should participate in a Cross Training workout regime**
- Exercise & Workout Acronyms Explained
- **A look into the common exercises**
- How to read and understand a WOD (workout)
- **Female nutrition explained – improve your health, shred fat and gain explosive energy!**
- Supplements explained - a no BS look at the ONLY supplements you should be taking for optimal performance & recovery
- **Updated May 2014 - BONUS CHAPTER - Cross Training recommended equipment**

- And much, much more!

## **Did I Mention The 250+ Workouts Included Such As...**

- **15 Beginner workouts, perfect for the those who are just beginner on their exercise & fitness journey!**
- 23 Bodyweight workouts, no equipment needed!
- **112 Regular Workouts**
- 21 Running based WODs to build explosive speed!
- **11 Endurance workouts for the seasoned female trainer, these will push you to the limit**
- And much, much more!

### **Download your copy today!**

Take action today and download this book for a limited time discount of only \$2.99! Shouldn't your health and fitness be your #1 priority? Let's get training today

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Keywords: WOD Bible, Home Workout, Weight Loss, Workout For Women, Weight Loss For Women, Beach Body, Bikini Body, Box Gap

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#### **Joan Toon:**

Spent a free time and energy to be fun activity to do! A lot of people spent their leisure time with their family, or all their friends. Usually they performing activity like watching television, about to beach, or picnic inside park. They actually doing same task every week. Do you feel it? Will you something different to fill your free time/ holiday? Might be reading a book might be option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to consider look for book, may be the book untitled Workouts For Women: Cross Training for Her: The Ultimate Female Training Guide for a Lean & Sexy Physique (Butt Workout, Squats, Kettlebell Workouts, Strength ... Bodybuilding, Home Workout, Gymnastics) can be great book to read. May be it might be best activity to you.

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