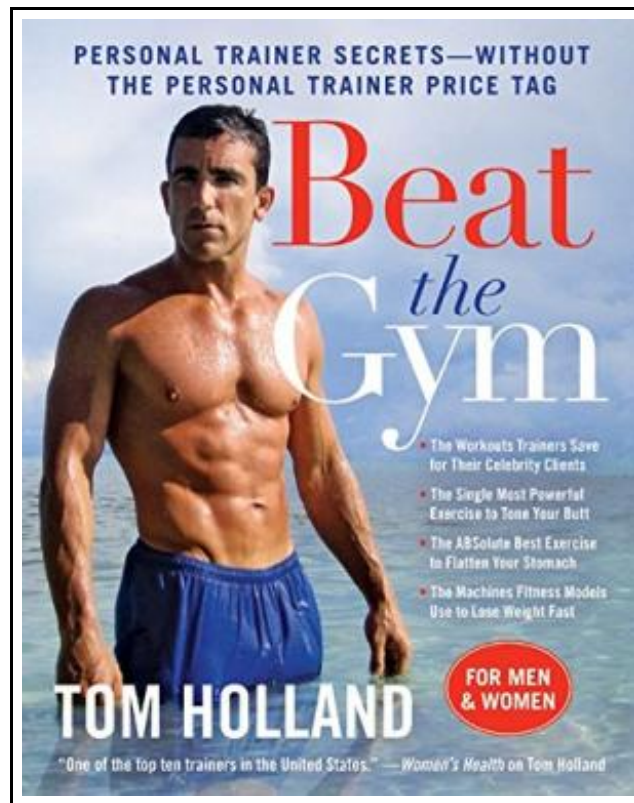


Beat the Gym: Personal Trainer Secrets--Without the Personal Trainer Price Tag



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(Dr. Reta Murphy)

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HarperCollins Publishers Inc. Hardback. Book Condition: new. BRAND NEW, Beat the Gym: Personal Trainer Secrets--Without the Personal Trainer Price Tag, Tom Holland, Megan McMorris, Many people want to work out and get fit but are intimidated by the gym-the machines, the free weights, the classes, the instructors, the trainers, the regulars, even the clothes. They end up doing a workout or taking a class that isn't right for their goals or that is even downright dangerous for their health. In "Beat the Gym", elite fitness trainer Tom Holland takes the stress out of working out, giving readers a step-by-step tour through the gym. He explains all the equipment, all of the classes, and how to fashion the right workout to meet personal fitness goals. Most importantly, he reveals the secrets trainers charge thousands of dollars for. A personal trainer with more than 30 years of experience, Holland makes readers comfortable, knowledgeable, and pumped to get to the gym, and guides them towards their objective-whether they want to run a marathon, lose weight, get ripped, or just make the the most out of their lunch break. From choosing the right gym to working out without injuries, picking the right classes to staying motivated, buying fitness equipment to the proper attire, Beat the Gym will inform and inspire readersof all fitness levels, whether a novice or a devoted regular.



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