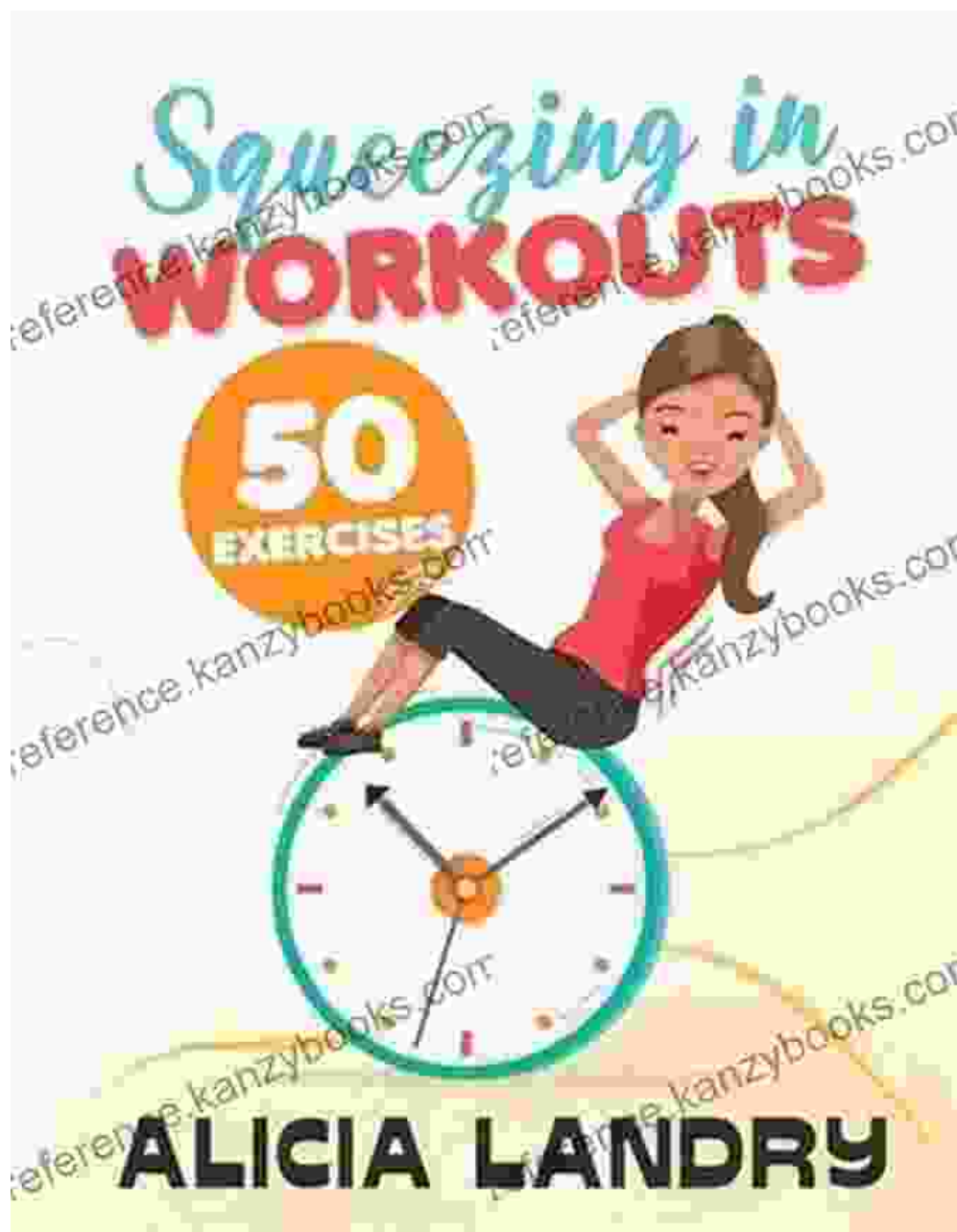


Squeezing In Workouts: 50 Exercises Alicia Landry





Squeezing In Workouts: 50 Exercises by Alicia Landry

★★★★★ 5 out of 5

Language : English

File size : 11888 KB

Print length : 55 pages

Lending : Enabled

FREE

DOWNLOAD E-BOOK



In today's busy world, it can be difficult to find time to exercise. But that doesn't mean you have to give up on your fitness goals. With Alicia Landry's book, Squeezing In Workouts, you can get a great workout in just 10 minutes or less.

Landry is a certified personal trainer and fitness expert who has helped thousands of people achieve their fitness goals. In her book, she provides 50 exercises that can be done anywhere, anytime. The exercises are divided into four categories: cardio, strength training, flexibility, and core work.

The cardio exercises are designed to get your heart rate up and burn

calories. The strength training exercises will help you build muscle and strength. The flexibility exercises will help you improve your range of motion and reduce your risk of injury. And the core work exercises will help you strengthen your core muscles, which are essential for good posture and balance.

Each exercise is accompanied by clear

instructions and photographs, so you can be sure you're doing the exercises correctly.

Landry also provides tips on how to modify the exercises to make them easier or more challenging, depending on your fitness level.

With Squeezing In Workouts, you can get a great workout in just 10 minutes or less. So what are you waiting for? Start

squeezing in workouts today!

Benefits of Squeezing In Workouts

There are many benefits to squeezing in workouts, including:

- Improved cardiovascular health
- Increased muscle strength and endurance
- Improved flexibility
- Reduced risk of injury
- Improved mood and energy levels
- Better sleep
- Weight loss or maintenance

Squeezing in workouts is a great way to improve your overall health and well-being. And with Alicia Landry's book, you can get a great workout in just 10 minutes or less.

Sample Exercises from Squeezing In Workouts

Here are a few sample exercises from Squeezing In Workouts:

Cardio Exercises

- Jumping jacks
- High knees

- Butt kicks
- Mountain climbers
- Burpees

Strength Training Exercises

- Squats
- Lunges
- Push-ups
- Rowing
- Planks

Flexibility Exercises

- Hamstring stretch
- Quad stretch
- Calf stretch
- Shoulder stretch
- Chest stretch

Core Work Exercises

- Crunches
- Sit-ups
- Planks
- Side planks

- Russian twists

These are just a few of the 50 exercises that are included in Squeezing In Workouts. With so many exercises to choose from, you can create a workout that is perfect for your fitness level and goals.

If you're looking for a way to get a great workout in just 10 minutes or less, then Squeezing In Workouts is the book for you. Alicia Landry's book provides 50 exercises that can be done anywhere, anytime. So what are you waiting for? Start squeezing in workouts today!



Squeezing In Workouts: 50 Exercises by Alicia Landry

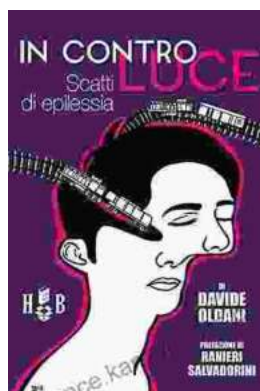
★★★★★ 5 out of 5

Language : English

File size : 11888 KB

Print length : 55 pages

Lending : Enabled



Book Review: In Controluce Scatti Di Epilessia

In Controluce Scatti Di Epilessia Author: Elisa Serafini Publisher: Postcart Edizioni Publication Date: 2019 ...



The Little Red Book of Running: A Comprehensive Guide to the World's Most Popular Sport

Running is one of the most popular sports in the world. It's a great way to get fit, lose weight, and relieve stress. But if you're new to...