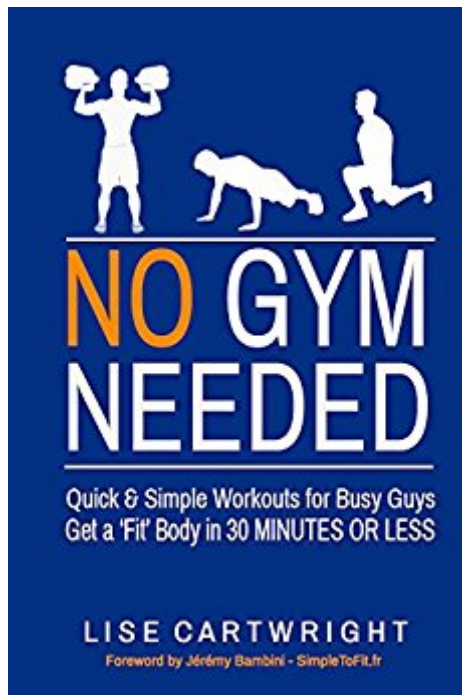


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# No Gym Needed - Quick & Simple Workouts For Busy Guys: Get A 'Fit' Body In 30 Minutes Or Less!



## Synopsis

You Don't Need The Gym to Look Fit! When's the last time you stepped foot in a gym or even exercised? And when's the last time you enjoyed working out or had the time to fit it into your hectic schedule? Whether you're a busy dad, single guy with an up and coming career or full-time entrepreneur, figuring out how to fit exercising and keeping healthy into your daily routines can be hard. The question is, how do you BALANCE excuses, schedules and life in general so you can get a 'fit' body in the least amount of time, WITHOUT hitting the gym? And how do you make sure that you actually STICK to exercising | stick to home gym workout routines that help you get fit, are 30 minutes or less and burn off body fat quickly? All of these things require the right knowledge and can be tricky to implement and manage within your already crazy schedule. In this hands-on and action-packed guide, Lise Cartwright, along with fitness expert Jeremy Bambini, explain how YOU can get a 'fit' body, in 30 minutes or less, without having to step foot in a gym or purchase expensive weights or equipment unless you want to. By using examples from her own personal experiences and guidance from Jeremy, Lise shows the reader how to get a 'fit' body while also creating time to fit home gym workout routines into busy schedules. In this how-to guide, you'll be given:- High Intensity Workouts to help you quickly achieve a 'fit' body in 30 minutes or less- 30-Day Programs to help kick-start your exercise program and develop the habit- Lifestyle Hacks that will provide you with ways to stay fit and healthy, no matter what you do on a day-to-day basis No Gym Needed is concisely written with your crazy schedule in mind, and it teaches and shows you how to get the body you want, whether you're an entrepreneur, full-time, stay-at-home dad, college student, or anyone who loathes going to the gym. Don't let your busy schedule and gym loathing stop you from having the body you deserve | take action, follow the book's steps, and enjoy your new body and lease on life.

## Book Information

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## Customer Reviews

Great advice for guys who want to workout at home. Quick and dirty tips for when you can't make it to the gym, have a few minutes before the next thing, or just plain don't want to work out for a long time. The book's easy to read and full of useful tips. Some diagrams if you want to skip to the visual. The length of the book is pretty good. Enough detail without it getting run-on and boring. The author's stories say, "Been there, done that. Had the trainer laugh at me at the gym." •Great book that can help you skip the gym when you don't have time.

This is a great book for those who have not worked out outside of PE class or those who have not done a lot of physical activity in a very long time. I'd skip it if you have a decent understanding of exercise and find something that covers more than the basics. That's not a knock on the author, it was a good book, just not for me.

I do not often review books that I have on my Kindle. This was a book that was free through Buck Books for 1 day. Most of the free books I ordered have not been worth my time, but this one was and is. I am a Personal Trainer and Health Coach. Lise does a great job at emphasizing form, giving you helpful "Hacks" (his name for suggestions), and providing excellent ideas and variety. His book is worth purchasing for many people who want exercise ideas, and some fat loss help. He also gives you access to webpage that has more help and videos to help you better understand the form. Unfortunately I have trouble seeing the charts and illustrations on my Paperwhite, but that is the nature of the device, which I love otherwise. I think you will learn from and enjoy Lise's book and his clear style of writing.

Book is straightforward. The only problem is the download of the video. You should know by heart the password and user name that you cannot change. If only can be downloaded without any use of a username and password.

I got this for my dad (as a hint) to get back into shape. Since he travels a lot in his line of work going to a gym just really isn't much of an option for him. This book is perfect, he loaded it up on his Kindle already and I got an email just last night telling me how he's been using the tips from the book in his hotel room of all places! So a true fan has been born!

I used to do this kind of training when I first started Athletics, track & field back in my Teens and it worked then to give me the extra fitness to win. I'm starting again, using this book as a guide. Most people will think that it's too simple, so it won't work .... simple works fine, just try it for 4 weeks & see

My biggest gripe about having a demanding career has ALWAYS been not finding the time (or making excuses) not to workout and get my daily exercise. I really have lost any excuse, haven't I? For me, the time saved by being able to workout at home, saves me not only money but a lot of mental "calories." I'm glad she got straight to the point with the stories and workouts, without a lot of "fluff" seen so often these days in other books. If you're a guy, and haven't been in the gym for a while due to so many other commitments, this book might be the solution you've been looking for.

Skip the gym, yes it is that simple. This book is for guys like me that are too busy to take time out of their day to run to the gym. It does require work to stay fit but you honestly can just skip the gym and do your work out at your office or home.

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