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Fitness Workout Complete Workbook

Kyla Latrice, MBA

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

Fitness Workout Complete Workbook:

A New You! Workout Workbook Kyla Latrice, MBA, 2014-07-04 Someone once said when you don't know the purpose of a thing you will abuse it. Here is the purpose of this manual so you can begin your NEW YOU the right way from the beginning. The purpose of this workout workbook is to assist you in starting over better this time with a fresh start on your health. To help you jump start the new you I have enclosed some work out tips and tricks. In addition to make your workouts and become healthier easier in today's busy society I have made this workbook available for people that are mobile whom travel work long hours have many errands to run are busy moms busy dads or just don't have a lot of time to commit to long exercise routines or gym memberships. You're on the go. This workbook and all of my cookbooks books workbooks and manuals can be read and applied in airports on trains at work on your lunch break in the grocery store while shopping for and planning your weekly meals at restaurants for quick decision making to remember your health and or weight loss goals in shopping malls to remember your goals at fast food restaurants to pull up and look at to remember your goals before ordering at the park before a jog during your hotel stays on vacations at the airport food counter when order your meals and drinks so you remember your goals and what to eat and drink and more. This cookbook is also available around the world in airports grocery stores global retailers and department stores. Further this cookbook has been made available on mobile devices via Adobe Digital Editions and DRM Digital Rights Management in general and for travelers and for when you're on the go. Image Credits FreeDigitalPhotos.net

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