Ultimate Body Building and Fitness eBook Collection (4.95 GBP)

Location   **East of England, Bedfordshire**
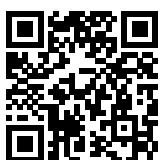https://www.freeadsz.co.uk/x-166101-z

Ultimate Body Building and Fitness eBook Collection, Ultimate Body Building and Fitness eBook CollectionA must have Body Building and Fitness resource for all Body Builders and Fitness enthusiasts. There are 345 detailed eBooks and guides on this DVDROM that will tell you everything you need to know about Body Building and Fitness, so that you may get the body you want and deserve.Subjects Covered include:Literally hundreds of different training programmes and regimes.Beginners Guides to Body Building.Intermediate Guides to Body Building.Advanced Guides to Body Building.Body Building and Fitness Nutrition.Super Food Guides.Supplements Explained.Training for Shows.How to Gain size and Mass.Stretching Exercises and Guides.How to Increase Strength.How to Gain Muscle.How to Make Your Own Supplements.How to Heal Through Exercise.How to Recover From Injuries.How to Jump Higher.How to Improve Your Metabolism.How to Measure and Reduce Body Fat.Kettle Bell Training Programmes.Body Weight Training.Fat Burning Guides.Fat Burning Foods.Fat Burning Exercises.Cardiovascular Programmes.Best Foods for Training and Fitness.Common Training Mistakes to avoid.Secrets of Body Building Champions.Focused Weight Loss programmes.Exercises for Cyclists.Boxing Exercises.Triathlon Training.Martial Arts Exercises.Ninja Training Guides.Agility Training.Navy Seal Training.Marine Training.Running Programmes.Improving Posture.Anabolic Information.Army Fitness Training Programmes.Abdominal Specialised Training.Back Specialised Training.Biceps Specialised Training.Chest Specialised Training.Triceps Specialised Training.Legs Specialised Training.Shoulders Specialised Training.Olympic Training Guides.Combat Training.Conditioning Guides.Health and Fitness Scientific Papers.Body Building Encyclopaedias.Tai Chi Programmes.Isometric Exercises.Interval Training.Plus Much More!!!The books are in pdf format - portable document format and are sent to you on a DVDROM. They may be read on desk top or lap top computers, I pads and other tablets, Kindles or other ebook readers, or smart phones to what ever you need it. Buy the DVD ROM today and start improving your health and fitness with the help of this ebook set, with Confidence £4.95,. .

070443518 29