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# BOOTCAMP BODYWEIGHT WORKOUTS FOR PERSONAL TRAINERS: START A FITNESS BOOTCAMP TODAY! 25 ALL-WEATHER WORKOUTS FOR OUTDOOR FITNESS GROUPS. NO EQUIPMENT REQUIRED.



Createspace, United States, 2014. Paperback. Book Condition: New. 280 x 215 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Make bad weather irrelevant and join the handful of savvy personal trainers who have figured out how to run a highly profitable outdoor fitness business all year round. Bootcamp Bodyweight Workouts is a collection of 25 brand new workouts (plus 5 fun warmup games), carefully organized into a well-structured program for general physical preparedness. Each workout is based...

**Read PDF Bootcamp Bodyweight Workouts for Personal Trainers: Start a Fitness Bootcamp Today! 25 All-Weather Workouts for Outdoor Fitness Groups. No Equipment Required.**

- Authored by Garry Robinson
- Released at 2014



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