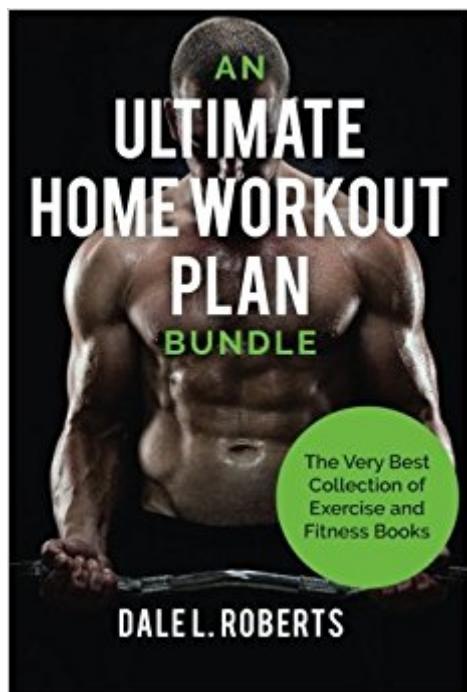


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# An Ultimate Home Workout Plan Bundle: The Very Best Collection Of Exercise And Fitness Books



## Synopsis

Are you tired of looking for the perfect home workout plan? Wouldn't you love to lose weight fast and naturally without dieting? Then, An Ultimate Home Workout Plan Bundle is exactly what you need for fitness independence, weight loss motivation and a variety of workout training routines. An Ultimate Home Workout Plan Bundle is a collection of four exercise and fitness books by international best-selling author Dale L. Roberts. Get the precise information you need on exercises for weight loss without having to scour the internet for hours on end. Backed by credible resources, you can rest assured knowing you are getting safe and effective weight training programs so you can lose weight and keep it off for good. In this workout guide, you'll learn: Why Your Body is the Best Workout Tool You'll Ever Use: And how to use it in the best ways possible. The 4-Minute Speed Circuit: Boost metabolism with this fast-paced routine. The 30-minute Workout: Get your total body toned with this no-equipment circuit training workout. The 60-minutes or Less Total-Body Workout: No time? No equipment? Now you also have no excuses! Over 50 Amazing Home Workouts: For when you have no desire to step outside. The Ideal Workouts and Exercise Routines at Home for Men AND Women. And, so much more! What are you waiting for? It's finally time for you to get the best weight training programs for weight loss today! Quit Waiting for the Right Time and Get Your Copy NOW!

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## Customer Reviews

Reviewed by Lit Amri for Readers' Favorite "An Ultimate Home Workout Plan Bundle (The Very Best Collection of Exercise and Fitness Books) by Dale L. Roberts consists of

several e-books of fitness programs: The 90-Day Home Workout Plan, The ABC Workout Plan (Firm, Tone, and Tighten Your Abs, Butt, and Core), The Chest and Arms Workout Plan and The 15-Minute Standing Abs Workout Plan. I started with The 15-Minute Standing Abs Workout Plan as I'm used to doing light stretches after waking up, so accommodating this plan into my morning routine right away was easy. The pictures and instructions are clear and easy to follow. By the time of this review, my abs and back are gradually getting stronger and less prone to muscle pain after doing the routine for more than a week. I like the fact that Roberts focuses on quality instead of merely quantity; as in time for each exercise instead of just the number of reps. Due to an old knee injury, there are some exercises that I have to skip as previously advised by my doctor. However, there are still plenty of exercises in these fitness plans that I can do without any problem. As I'm not familiar with a number of movements, I'm currently learning/trying The ABC Workout Plan and The Chest and Arms Workout Plan since they have hyperlinks attached to the exercises complete with pictures and instructions. Having several different fitness programs in one book is definitely a treat. Readers can choose or incorporate any of the programs that suits them best. In other words, this detailed and specific workout bundle is for everyone." "The great thing about purchasing this plan, for me, was that it has given me a good understanding of what stretching can do for my body and how effective it can be in my training."-Deja ( Verified Purchase)

"Great for beginners as well as advanced resistance trainers and bodybuilders."-Breezy7 ( Verified Purchase) "Let me say from someone that hasn't worked out in 20 years, this book was well organized and kept me on point. Got me off the couch!"-Kevin ( Verified Purchase) "Super comprehensive bundle loaded with great actionable info!"-Guy Arad ( Verified Purchase)

My name is Dale Lewis Roberts and I'm an American Council on Exercise Personal Trainer, Certified, with an ACE specialty certification in Senior Fitness. Since beginning my personal training career in 2006, I have earned numerous certifications in personal training, yoga, nutritional coaching, among others. I have worked with hundreds of clients with a variety of health & fitness goals. While my greatest passions are health & fitness, writing and reading, I also love to spend time traveling with my wife, watching pro wrestling and playing guitar. I currently reside in Phoenix, Arizona, with my wife, Kelli, and our rescue cat, Izzie.

Plenty if good information and planned workouts. Great for beginners as well as advanced resistance trainers and bodybuilders.

Let me say from someone that hasn't worked out in 20 years, this book was well organized and kept me on point. I now use this along side my new gym membership. Got me off the couch!

Super comprehensive bundle loaded with great actionable info ! Highly recommend this bundle

It works

This is the perfect workout book if you already have a comfort level with working out, so you don't need or want to buy a book that spends half the pages telling you why you should work out; and if you have some familiarity with exercises so you don't need to look up each exercise. If you are looking for preplanned workouts that you can just jump into and do--this is the book for you. This book basically just launches right into the workouts with the briefest of introductions--which I really loved. The exercises are illustrated in the back in alphabetical order, so if you aren't sure what something is, it only takes about 10 seconds to flip to the right page and see what it is. The workouts keep it interesting with a good mix of stretching, strength, HIIT/cardio, core, and the workouts have a nice flow to them. I really like the approach he takes -- sets are based on time not reps. So you do a minute of squats, for example, instead of 15 reps. I have meniscus and rotator cuff injuries, and have spent a lot of time and energy in physical therapy for both, so I also really appreciate that the exercises are precise and the workouts are focused on full body health. I've been able to do the workouts without any issues. (I have done P90x and some others in that style of training, and ended up really exacerbating my injuries.) I also like that he details out how long the workouts will take, so you know what you are getting into and if you have time for that particular workout.

This 90-Day Home Workout Plan book starts with a nice clear description of what it is and isn't as well as what results to expect. It then explains the five components of the program -these don't vary, but the routines in them do so you get variety in your workout which also makes this a good program to repeat. What each component does is explained as well as how long you'll do it and at what pace. For other things relevant to a successful exercise plan like hydration, nutrition and mindset, the author recommends one of his other books available on that isn't in this bundle. What to do if you don't feel well while exercising is also addressed. The next section details what exercises to do during which component for exercise days Monday thru Friday of each phase. Phase 1 is the

first 30 days, Phase 2 is the next 30 and Phase 3 is the final thirty of the program. This is all laid out in easy to read charts. Please note that the Glossary of Exercises, which is absolutely vital to actually doing this plan, isn't next as per the Table of Contents, but is after the end of the last book in this bundle. This is a well constructed plan that makes terrific, efficient use of an hour long exercise session. I'm not the intended audience for this book as I have some limiting chronic conditions, but my SO is the perfect target and this makes a great plan for him. Some of his job involves being active, but he doesn't get all five components and has put on a little bit of weight. He's looking forward to this as he can zip through an hour including warm-up and stretching, accomplishing a lot of exercise in a doable window while getting some variety. I have a time crunched friend who has been missing her various workouts who'll love that she can accomplish so much in an hour at home. It's totally possible for me to create a version of this subbing in alternate or physical therapy exercises where appropriate. The next book is the ABC Workout Plan: Firm, Tone, and Tighten Your Abs, Butt, and Core. The author developed this after the success of the previous book. This uses the same exercises as before but are in different workout plans to better target these areas. There's also a progression of difficulty based on focusing on more targeted training. There's five workout plans for working abs, butt and core that lists how long to do the exercise and how long to rest before going onto the next one and includes bodyweight, floor work, dumbbell as well as a higher intensity and lower intensity plans ranging in duration from 36 to 45 minutes. There's three abs and butt workout plans, similar in structure to the above that are 30 minutes each. Abs and core have three workout plans ranging from 11 to 30 minutes. Butt and core have three workout plans ranging from 30 to 32 minutes. There's three abs focused workout plans ranging from 10 to 12 minutes. There's three butt focused workout plans, one is 23 minutes, one is 30 minutes and the other one is measured in reps, not time, so time to complete varies. The final three workout plans are for the core and range from 12 to 21 minutes. The way this book is setup, I can easily sub in alternate or physical therapy exercises that work these areas because I've got a ton I'm supposed to do daily. I'm actually working up plans and did the exercise on the first one I modified because this new way to organize exercise and the utilizing of new time guidelines freshens up a historically boring practice for me. The Chest and Arms Workout Plan: Firm, Tone, and Tighten Your Upper Body is the next book. This has the Disclaimer from the 90 Day Workout Plan, but I think that's meant to apply to this workout as the exercises are pulled from that plan. Like the prior ABC Workout book, this book utilizes the exercises from the 90 Day Workout Plan into a new series of workout plans focusing on the chest and arms. There's five workout plans for chest, triceps and biceps involving bodyweight and dumbbells (all plans in this book use these methods) ranging

from 30 to 44 minutes. The next three workout plans for chest and bicep range from 21 to 27 minutes. Triceps and biceps have three plans ranging from 15 to 36 minutes. There's three chest workout plans with one being based on reps instead of time and the other two requiring between 45 to 60 minutes. One triceps plan is based on reps instead of time with the other two plans needing between 30 and 45 minutes. All three biceps plan need between 24 to 30 minutes to complete. Like with the ABC plans, I'm modifying these based on some physical problems utilizing alternate or physical therapy exercises when needed. This is a way for me to freshen up my exercise plan and possibly break through current plateaus.

**The 15-Minute Standing Abs Workout Plan: Ten Simple Core Exercises to Firm, Tighten and Tone Your Midsection.** This book was created because pretty much everyone wants their midsection to look better and standing is a more effective way to achieve this. The author explains what exactly the core is and gives several benefits of these exercises. Each exercise has one or more pictures to illustrate positioning plus a text description of the exercise. This is followed by the workout plan which lists the exercise and how long to do it for and the whole thing takes 15 minutes. The best time of day and how many times per week to do the routine based on your current fitness level is included. The Glossary of Exercises is next. This includes color pictures to illustrate positioning, text descriptions of the exercise and helpful tips, insights, fun facts, etc... Contact information for the author, a short bio and the research references from the first book end this bundle.

I think this is a terrific bundle of books. These workout plans can definitely reinvigorate your workout routine. For my SO, the clear way this was presented and low time commitments to squeeze in a variety of exercise needs has motivated him to start exercising again. For me, I can substitute exercises with alternates or physical therapy exercises as I need to and get a fresh feeling routine using any of the books except the last one. That one is 10 exercises over 15 minutes for your abs and should remain as is. While this is great for my SO when he did it today, I can't do this set because of some physical problems. The pictures and text of The Glossary of Exercises are clear and easy to follow because my SO, who has struggled to grasp some directions by other authors, had no trouble at all with these. I actually successfully visualized working through a particularly stubborn plateau today. Because some structural problems are permanent and/or degenerative and some conditions are chronic, visualizing a breakthrough is not an everyday occurrence for me. Having that happen was really cool and makes it so much easier to put forth the effort. I'm really looking forward to seeing how far I can progress using these plans, as there's no doubt in my mind I'll be able to progress with these and will be able to show off to my physical therapist. This is a great bundle that oughta belong on any exercise shelf. I received this book at a free or discounted rate in exchange for my honest review. To clarify how I view the rating system,

five stars = A, four stars = B, three stars = C, two stars = D, and one star = F. If you found this review helpful, please click yes below as I do my best to share my experience of the book with you.

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