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Elliptical Workouts: Discover How To Exercise Your Entire Body And Never Get Bored On Your Elliptical Machine

ELLIPTICAL WORKOUTS



Discover How to Exercise Your
Entire Body and Never Get Bored
on Your Elliptical Machine

by Lukas Taylor



Synopsis

If you're ready to learn how to use the elliptical machine in a variety of effective ways to work out your entire body, then this book is for you! Read on your PC, Mac, smart phone, tablet, or Kindle device. Most people that work out on an elliptical machine simply hop on and get moving, perhaps occasionally adjusting the resistance and incline settings. But did you know that there are countless other specific exercise routines that you can do on an elliptical machine that will give you so much variety that you'll never get bored? Not only that, but you can target specific parts of your body with certain workouts, enough so that you can actually exercise your entire body on just this one machine. This book will provide you with detailed instructions for 9 exercise routine variations that you can do on the elliptical so that you can choose what to do each day depending on your mood or your workout objective. The exercise routines are described using a 30 minute session time-frame which, if done daily, is going to noticeably burn fat and tone muscle. If you're one to prefer longer workouts, then you can simply stretch out the time frame, or double up workouts per session. If you're ready to learn how to make the most out of your elliptical machine, let's get started! Here Is A Preview Of What You'll Learn...The Fat Burning Beginner WorkoutHigh Intensity Interval TrainingHill Climber, The Ladder, and Mile RepeatsBuilding a Stronger Core and BackHow to Tone the ArmsStrengthening your Lower HalfMuch, much more!Download your copy today!

Book Information

File Size: 628 KB

Print Length: 48 pages

Page Numbers Source ISBN: 1534848983

Simultaneous Device Usage: Unlimited

Publication Date: July 7, 2015

Sold by: Æ Æ Digital Services LLC

Language: English

ASIN: B0116RCYFY

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #400,713 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #55

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#101 in Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics #900 in Kindle Store > Kindle Short Reads > 90 minutes (44-64 pages) > Health, Fitness & Dieting

Customer Reviews

I used to be a distance runner but now I am a full 60lbs heavier (a bodybuilder) and running absolutely demolishes my knees for a day or two after. I have been looking to do some low impact cardio and I think that elliptical workouts might be just the thing! the beginning of the book lays out 4 different elliptical routines and the second half explains how to focus on different muscles while doing the routines, now for me the second part is irrelevant because no amount of elliptical training is going to do what benching 250 lbs can do but the beginning was good and the second half will be useful to women who want to build a little muscle mass

It was very useful reading as I often do my exercises on this machine. Now I know what other regimes I can use and how to train the better way to have the result. I was also surprised that I can also work on straightening of the spine with this machine, that is very good.

This gave me ideas to use on my own machine.

Practically no picture, just descriptions you cannot get what they mean!

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