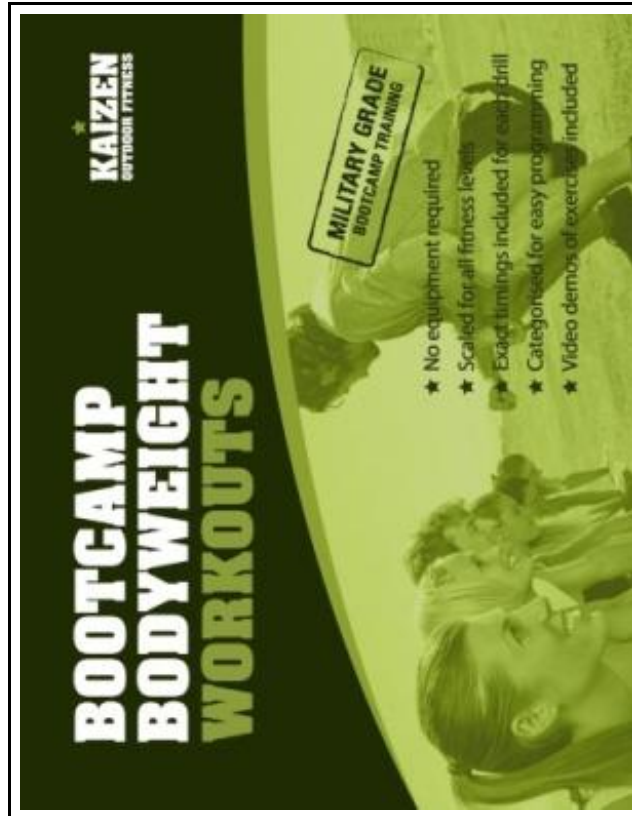


## Bootcamp Bodyweight Workouts for Personal Trainers: Start a Fitness Bootcamp Today! 25 All-Weather Workouts for Outdoor Fitness Groups. No Equipment Required. (Paperback)



Filesize: 4 MB

### ***Reviews***


*This type of publication is every thing and helped me seeking ahead and much more. It usually fails to charge too much. It is extremely difficult to leave it before concluding, once you begin to read the book.*


*(Juliet Mertz)*

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



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 on a unique blend of proven military training methods and sports team training drills - elegantly presented on an easy-to-follow, one-page layout. Start training immediately. The only equipment you ll need are some plastic markers and a handful of inexpensive jump ropes. Go ahead - start your own fitness group today! Train in the rain. You don t have to cart dirty, muddy equipment around. The workouts are based entirely on bodyweight exercises and were specifically designed to be done in all weathers. Now you can train outdoors, no matter what time of year it is. Look professional. We ve field-tested and refined this program on real groups of people: mums, office workers, triathletes and football teams. Exact timings for each drill are included, along with exercise progressions and regressions where relevant. You can be confident that every session finishes on time and demands maximum effort from every participant. Impress your clients with how professional this makes you look. INCLUDES A FREE BONUS RESOURCE - Video Demos of 40 Bodyweight Exercises Download a special report containing video demos for every bodyweight exercise used in the Bootcamp Bodyweight Workouts Program. Design your own workouts based on these highly-functional, natural movements. An invaluable resource in its own right, this special report is included for FREE.

 [Read Bootcamp Bodyweight Workouts for Personal Trainers: Start a Fitness Bootcamp Today! 25 All-Weather Workouts for Outdoor Fitness Groups. No Equipment Required. \(Paperback\) Online](#)

 [Download PDF Bootcamp Bodyweight Workouts for Personal Trainers: Start a Fitness Bootcamp Today! 25 All-Weather Workouts for Outdoor Fitness Groups. No Equipment Required. \(Paperback\)](#)

## Relevant Books

---



### **Alice in Wonderland (Paperback)**

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The story of a girl named Alice who falls down...

[Save Document »](#)

---



### **Dark Hollow (Paperback)**

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A murder is committed in Dark Hollow and the proprietor...

[Save Document »](#)

---



### **The Novel of the Black Seal (Paperback)**

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A man gradually uncovers the secrets of a race of...

[Save Document »](#)

---



### **And You Know You Should Be Glad (Paperback)**

HarperCollins Publishers Inc, United States, 2014. Paperback. Book Condition: New. Reprint. 201 x 132 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A highly personal and moving true story of friend-ship and...

[Save Document »](#)

---



### **See You Later Procrastinator: Get it Done (Paperback)**

Free Spirit Publishing Inc.,U.S., United States, 2009. Paperback. Book Condition: New. 175 x 127 mm. Language: English . Brand New Book. Kids today are notorious for putting things off- it s easy for homework and chores...

[Save Document »](#)