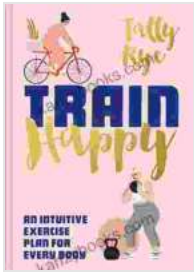


An Intuitive Exercise Plan For Every Body



Train Happy: An intuitive exercise plan for every body

by Tally Rye

★★★★☆ 4.6 out of 5

Language : English

File size : 18250 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting: Enabled

X-Ray : Enabled

Word Wise : Enabled

Print length : 160 pages



If you're like most people, you've probably tried a lot of different exercise plans. But if you haven't found one that works for you, it's probably because you haven't found one that's tailored to your individual needs.

That's where *An Intuitive Exercise Plan For Every Body* comes in. This book is designed to help you find the right exercises for your body and your goals. With over 100 exercises, 30 sample workouts, and a nutrition guide, this book has everything you need to get fit and healthy.

What's Inside?

- **Over 100 exercises:** With so many exercises to choose from, you're sure to find ones that you enjoy and that are right for your body.
- **30 sample workouts:** These workouts are designed to help you get started with your fitness routine. They're also customizable, so you can

adjust them to fit your needs.

- **Nutrition guide:** Eating healthy is an important part of any fitness plan. This guide will help you make healthy choices that will fuel your workouts and help you reach your goals.

Benefits

- Lose weight
- Improve your cardiovascular health
- Increase your strength and flexibility
- Reduce your risk of chronic diseases
- Improve your mood and energy levels

Testimonials

"This book is a game-changer! I've tried so many different exercise plans, but this is the first one that I've been able to stick to. The exercises are easy to follow and the workouts are challenging but not overwhelming. I'm already seeing results and I'm feeling better than ever!"

- **Sarah J.**

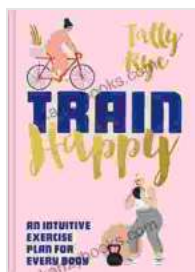
"I love this book! The exercises are simple but effective, and the nutrition guide is full of helpful tips. I've lost weight, gained muscle, and I feel healthier than ever. Thanks for writing such an amazing book!"

- **John D.**

Free Download Your Copy Today!

Don't wait any longer to get fit and healthy. Free Download your copy of *An Intuitive Exercise Plan For Every Body* today!

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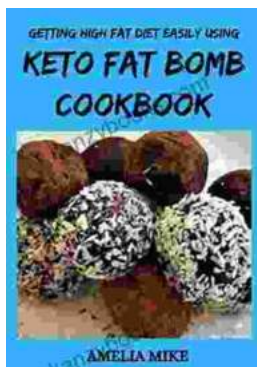


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