



Small Gym Big Workout (Paperback)

By Jr. Mack H Webb

Pilinut Press, Inc., United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Small Gym Big Workouts guides you through the layout and set up of your home gym. Imagine monster workouts, muscle toning, and weight loss, all in an area of less than 165 square feet! No, that is not a typo. Lack of space is no longer an issue in setting up your home gym. Small Gym Big Workouts eliminates the guesswork of choosing quality gym equipment. It provides photos, prices, and specifications of equipment that will fit comfortably in your home gym. Open this book to see: - How much money is needed to outfit a home gym. - How to get the money to outfit your home gym. - Where in your home to set-up your gym. - How to maximize workout capability in small spaces. - Basic equipment choices for your gym. - How to choose a treadmill. - Where to buy quality gym equipment. - Where to get quality gym equipment for free. - Upkeep and maintenance procedures. - Safety measures. - 217+ exercises which can be done with this gym set-up. -...

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Reviews

Extensive information for book fans. It is written in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- *Otis Wisoky*

This publication is great. It is full of wisdom and knowledge You will not really feel monotony at any time of the time (that's what catalogs are for relating to when you ask me).

-- *Dr. Everett Dicki DDS*