

The book was found

# **The Home Workout Handbook: Proven Workouts To Get Lean And Ripped In 30 Minutes A Day**



## Synopsis

Cancel your gym membership. If You Want to Know How to Get Lean & Ripped at Home in 30 Minutes/Day - Then Keep Reading#1 Best-Selling Author Reveals How to Burn Ugly Fat and Get Ripped Without All the Non-Sense That Takes Place In Most Commercial GymsI was disgusted...I had just pulled into the parking lot of my local, big-box commercial gym. The parking lot was jam packed...The locker room was dank, musty, and damp.The lockers were stained with sticky messes and coated with rust - some even had old clothes and garbage. The "gym bro's" were howling and high-fiving each other in between sets. Every other step I took was like traversing a minefield - dodging the piles of misplaced weights scattered across the floor... It literally made me turn around and leave. Of course, not all gyms are like this, but this very image is what keeps millions of people away from gyms everyday.If that's you, then know this...You CAN build a strong, lean, resilient body using bodyweight exercises in the comfort of your own home. No complicated gym memberships.No fancy equipment.No expensive personal trainers. Just your body and 2 simple items that you can get for a total of \$30. Who Is This Book For?This is for the average guy or gal that wants to lose fat and build muscle in the fastest way possible. In this short book, I reveal EVERYTHING you need to do to burn fat and build muscle. I left out the fluff, theory, and science and show you the exact action steps you need to take to get the results I got.I know this is a short book, but do you really need a 300 page book if you want to burn fat and build muscle... or do you need a simple, step-by-step guide showing what kind of workouts to do? Well that's what I've compiled in this book. Here's exactly what you'll discover:REAL pictures of my results (I'm a regular dude just like you - NOT a fitness model)The FASTEST way to get results (2 simple tweaks to TURBOCHARGE Your Results)The mindset trick I used to stay on my goalsExactly what you'll need to get a KILLER home workout (costs less than \$30)The BEST exercises you need to do to get ripped at homeThe "Perfect Workout Formula" (once you discover the secret you'll wish you did this sooner)The 6 Amazingly Effective Home WorkoutsThis book will help you supercharge your fat-burning in the comfort of your own home. I made it short and sweet so you can read it in less than 10 minutes... so go ahead and grab a copy of this book now by clicking the "Buy with 1-Click" button now.P.S.If you don't get results from this book, email me directly and I will personally do my best to help you.

## Book Information

File Size: 1569 KB

Print Length: 78 pages

Simultaneous Device Usage: Unlimited

Publication Date: October 5, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01LXG6UA3

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #213,380 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #98

in Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts #145

in Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Sports & Outdoors

#155 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness >

Weight Training

## Customer Reviews

Another winner from Raza! This one is probably my favorite so far! Who the hell wants to go to a gym?? Not me! "But can we get the same workout from home?

What's that gonna cost? I dunno if I'm ready to line my walls with dumbbells. Worry not! Raza has you covered! This is a step-by-step guide to getting big, and staying that way all from home. It's just what I was looking for!

I have bought quite a few exercise books over the years. Mostly overpriced. This one exceeded my expectations as a low cost yet informative guide.

Easy and motivating read, some exercises need better explanations but linked videos can help here in most cases and we all have youtube. Info is direct super concise and inspiring, raza really makes me feel like I can do it. Great book.

Wish it had pictures showing how to do the exercises though, it'd be helpful. As it is I have to look online what the exercises are. Otherwise great stuff.

It's the second book I read from this author. And I must say, it will not be the last. I'm a great advocate of healthy habits, so I do some stuff every morning to start my day with a positive attitude. Doing a few minutes of exercising is also part of it, but I never felt I was doing the right things at home... till now. Mr. Imam gives very good and simple exercises to do them at home. They are not easy though. So if you seek tips like, take three steps and sleep 8 more hours, you'll be disappointed. If you want more than that I can only recommend this book!

I love the way Raza talks about his own mistakes he's made and helps us avoid making the same mistakes. He has a very honest, straight to the point way of delivering his message. I've bought other books by Raza and highly recommend this one. He knows what he's doing! Keep up the good work, Raza!! :)

Easy read, useful information. I read it in about thirty minutes and could apply the lessons immediately. Nice job Raza.

[Download to continue reading...](#)

The Home Workout Handbook: Proven Workouts to Get Lean and Ripped in 30 Minutes a Day  
Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series) Get Ripped Abs: A Comprehensive Guide to the Best Way to Get Ripped Fast! Be a Sexy Beast by Summer! (Bodybuilding, Ab Workouts, How to loose belly fat, How to get abs) Kettlebell: The Ultimate Kettlebell Workout to Lose Weight and Get Ripped in 30 Days (Kettlebell Workouts Book 1) Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) Butt Workout (6-Week Plan): The Best Butt Workout Guide And Butt Workout Routines To Give You The Lifted Butt You've Always Wanted (How to Get an Amazing Butt, No Gym Needed, Sculpt Perfect Curves) The Complete No B.S. How-to Guide on Bodyweight Training: The 120 Best Bodyweight Exercises for Men & Women to Get Ripped, Lean and In-Shape at Home with No Gym  
Swim Workouts for Triathletes: Practical Workouts to Build Speed, Strength, and Endurance (Workouts in a Binder) The Isometric Exercise Bible: A Workout Routine For Everyone (abs, building muscle, anti aging, exercise workout, home workout Book 1) The Science of Getting

Ripped: Proven Diet Hacks and Workout Tricks to Burn Fat and Build Muscle in Half the Time Lean in 15: 15-Minute Meals and Workouts to Keep You Lean and Healthy Hockey Workout: Complete Off-Season Hockey Workout: Hockey agility & speed drills, hockey plyometric workouts, hockey core exercises, hockey weight training and anaerobic training for hockey players. The Skinny NUTRiBULLET Lean Body Abs Workout Plan: Calorie counted smoothies with 15 minute workouts for great abs HIIT: The Fastest Way to Get Ripped and Maximize Your Workout (HIIT Training) (Volume 1) Calisthenics: 18-Minute Calisthenics Workout Plan for Beginners: The Most Superior Collection of Exercise and Fitness Books (Bodyweight Exercises, Calisthenics ... Workout Plan, Calisthenics Workout,) Calisthenics: Calisthenics Guide: BodyWeight Exercises, Workout Progression and Training to Be Fit (Calisthenics, Calisthenics Bodyweight Workout, Calisthenics ... Workout, Bodyweight Exercises Book 1) Intermittent Fasting: Everything You Need to Know About Intermittent Fasting For Beginner to Expert — Build Lean Muscle and Change Your Life (Lean Lifestyle, Lean Muscle, Lose Fat) Bodyweight Training: Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workouts (Bodyweight Training, Bodyweight Exercises, Strength Training, ... Bodybuilding, Home Workout, Gymnastics) Calisthenics: 30 Minutes to Ripped - Get Your Dream Body Fast With Body Weight Exercises and Calisthenics (Calisthenics, Body Weight Training, Bodyweight Strength) Secrets of the Super Fit: Proven Hacks to Get Ripped Fast Without Steroids or Good Genetics

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)