



# **No Gym Needed - Quick & Simple Workouts For Gals On The Go: Get A Toned Body In 30 Minutes Or Less!**

*Lise Cartwright*

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When was the last time you went to the gym or exercised? When was the **last time you actually enjoyed exercise** or had the time to fit it into your hectic schedule?

## If YOU Hate the Gym...

Whether you're a busy mom, single woman with an up and coming career or full-time entrepreneur, figuring out **how to fit exercising** and keeping healthy into your daily routines can be hard.

How do you balance personal excuses, schedules and life in general so that you can **get the body you want in the least amount of time, WITHOUT joining a gym?**

And... how do you make sure that you actually **STICK** to exercising... stick to body weight workouts that help you lose weight, are **less than 30 minutes**; without the need for annoying dumb bells or gym equipment?

All these things require **the right knowledge** and can be tricky to implement and manage within your already **busy** schedule.

## Get Quick Workouts Now!

In this hands-on, relaxed and **action-packed book**, Lise Cartwright explains how **YOU** can get the body you want, in 30 minutes or less, **without having to step foot in a gym** or purchase expensive weights and equipment.

By using examples from her *own personal experiences*, she shows you how to get a toned body, using no equipment workouts, while also creating time to fit exercising into busy schedules. Lise will show you how you can get the most out of your exercise routines with **quick workouts** designed to be completed in less than 30 minutes — because we all have better things to be doing!

*In this how-to **bodyweight** exercises guide, the reader will be given:*

- **Total Body Workouts** using body weight burning exercises to help you quickly achieve a toned body in 30 minutes or less. If you're looking for quick workouts, the book is full of them!
- **30-Day Programs** to help kick-start your exercise program and develop your exercise habit
- **Lifestyle Hacks** that will provide you with ways to stay fit and healthy, no matter what you do on a day-to-day basis

**No Gym Needed** provides insane home fat loss workouts and is concisely written with your busy schedule in mind. It **teaches and shows you** how to get the body you want no matter whether you're an entrepreneur, full-time mum and career women, college student, or anyone who loathes going to the gym.

***Don't let your busy schedule and gym loathing stop you from having the body you deserve...take action, follow the book's steps, and enjoy your new body and lease on life.***

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