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You're trying to burn fat, add muscle, and improve your overall conditioning. You want a fast, intense, effective workout, and you want the flexibility to do it wherever you are.Good news: this book can help you achieve all of that and more! Just a few things you'll learn:The top 3 things you must do to reach your fitness goals in record time,the truth about 'core training',why building strength should be your #1 priority no matter what your fitness goals are,why you probably aren't stretching enough, how to use jump training to attain high levels of conditioning and explosive power, how to test your own flexibility and core strength, the basics of proper meal planning, and much, much more!No Gym? No Excuse! is a complete transformation guide designed to help you achieve the highest overall fitness level of your life. It's time to stop making excuses and start getting results!

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