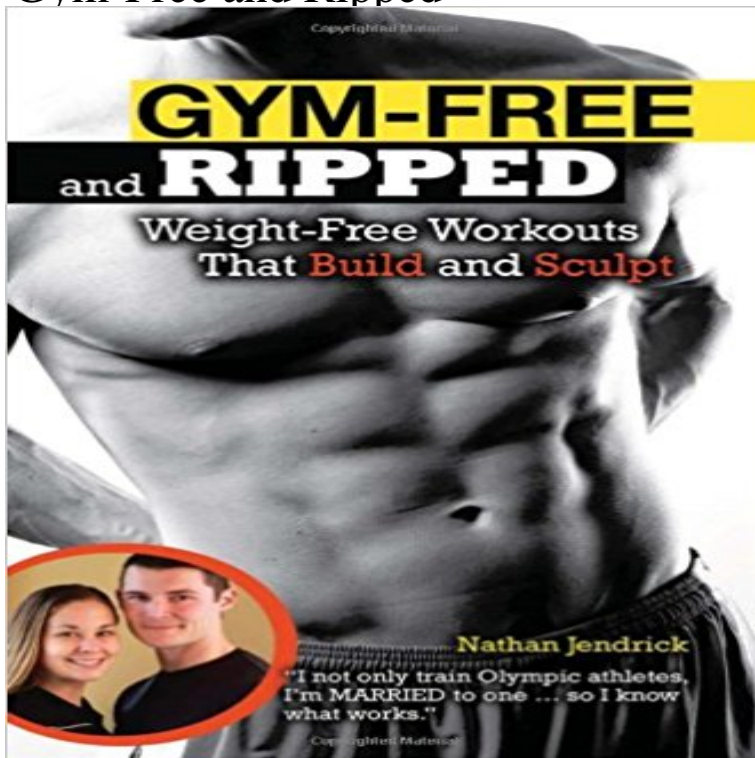


# Gym-Free and Ripped



The ultimate low-cost, low-maintenance workout-no gym or weights required. Gym-Free and Ripped is for people needing workouts and exercises that can be performed without a gym-and with no, or minimal, equipment. Whether one is traveling, at home, or for whatever reason cannot go to a gym, these exercises-organized into workouts-provide one with gym- equivalent bodybuilding and toning. The author, both a certified fitness trainer and a photographer, carefully shows each exercise with step-by-step instructions. Multiple workouts are provided so that the reader can keep things fresh by varying routines. Additionally, the author offers nutrition and supplementation guidance to ensure maximum benefits from the body-building and toning workouts.

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proper nutrition, and clear mental focus, being gymfree and ripped is **Gym-Free and Ripped : Nathan Jendrick : 9781615640997** Gym-Free Journal: Bodyweight Workouts for Getting Ripped [Brett Stewart] on . \*FREE\* shipping on qualifying offers. GET RIPPED Clear, concise **7 Weeks to Getting Ripped: The Ultimate Weight-Free, Gym-Free** Gym-Free and Ripped has 31 ratings and 5 reviews. Ariadna73 said: Check out my review about this book in my blog in Spanish: <http://> **GYM-FREE & RIPPED-WEIGHT FREE WORKOUT** Synopsis. Gym-Free and Ripped is for people needing work-outs and exercises that can be performed without a gym and with no, or minimal, equipment.

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