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No Gym Needed - Quick & Simple Workouts for Busy Guys: Get a 'Fit' Body in 30 Minutes or Less!

Lise Cartwright

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You Don't Need The Gym to Look Fit!

When's the last time you stepped foot in a gym or even exercised? And when's the last time you **enjoyed working out** or had the time to fit it into your hectic schedule?

Whether you're a busy dad, single guy 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.

The question is, how do you BALANCE excuses, schedules and life in general so you can **get a 'fit' body** in the least amount of time, WITHOUT hitting the gym?

And … how do you make sure that you actually STICK to exercising… stick to home gym workout routines that help you get fit, are **30 minutes or less** and burn off body fat quickly?

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

In this hands-on and **action-packed** guide, Lise Cartwright, along with **fitness expert—Jeremy Bambini**, explain how YOU can get a 'fit' body, in 30 minutes or less, **without having to step foot in a gym** or purchase expensive weights or equipment—unless you want to.

By using examples from her own personal experiences and guidance from Jeremy, Lise *shows the reader* how to get a 'fit' body while also **creating time** to fit home gym workout routines into busy schedules.

In this how-to guide, you'll be given:

- **High Intensity Workouts** to help you quickly achieve a 'fit' body in 30 minutes or less

- **30-Day Programs** to help kick-start your exercise program and develop the 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 is concisely written with your crazy schedule in mind, and it **teaches and shows you** how to get the body you want, whether you're an entrepreneur, full-time, stay-at-home dad, 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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