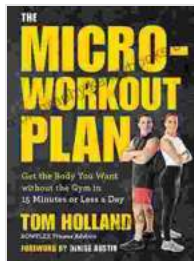


# Get The Body You Want Without The Gym In 15 Minutes Or Less Day



## The Micro-Workout Plan: Get the Body You Want without the Gym in 15 Minutes or Less a Day by Tom Holland

★★★★☆ 4.6 out of 5

Language	: English
File size	: 5204 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 195 pages
X-Ray	: Enabled



Do you want to get the body you've always wanted, but don't have the time or money for a gym membership? This book will show you how to get the body you want in just 15 minutes or less a day, without ever having to step foot in a gym.

This book is packed with over 100 exercises that you can do at home with no equipment. The exercises are designed to target all major muscle groups and will help you burn fat, build muscle, and improve your overall fitness.

The best part about this book is that the workouts are quick and easy to follow. Each workout takes just 15 minutes or less to complete, so you can fit them into your busy schedule.

If you're ready to get the body you've always wanted, then this book is for you. Free Download your copy today and start seeing results in just 15 minutes a day.

**Here's what you'll learn in this book:**

- How to get the body you want in just 15 minutes or less a day
- Over 100 exercises that you can do at home with no equipment
- Exercises that target all major muscle groups
- Workouts that will help you burn fat, build muscle, and improve your overall fitness
- Quick and easy-to-follow workouts that you can fit into your busy schedule

**Free Download your copy today and start seeing results in just 15 minutes a day.**

# 10 MINUTES ONLY!

## BEGINNER ABS WORKOUT FOR WOMEN



**1**



**2**



**3**

**HIGH KNEES (20 REPS, 10 EACH SIDE)**

Place your feet flat with apart. Lift your right knee towards your chest then switch knees with a right leg. Move your arms along the side of your body for balance.

**BIRD DOG (10-15 SECONDS)**

Lie on your back and lift your shoulders off the floor while placing your hands next to your hip. Lift your head upward. Avoid making your back overly flexible. If your back feels tight, keep it straight.

**CRUNCH (10 REPS, 5 EACH SIDE)**

Sit on the floor in a V position keeping your knees bent. Move your feet together in front of your belly. Then move them together for the hip. Try to come them all the way to the hip. Turn next to your hip as possible. If you're ready, lean back further.



**4**



**5**



**6**

**10 REPS, 5 EACH SIDE**

Lie on your back and stretch your arms above your head. Then lift one leg up and reach your hand toward your foot at the same time. Make sure legs and arms stay straight and your upper body is completely lifted off the floor. Slowly lower your body back down to the starting position then switch legs.

**10 REPS, 5 EACH SIDE**

Lie on your back and stretch your arms above your head. Then lift one leg up and reach your hand toward your foot at the same time. Make sure legs and arms stay straight and your upper body is completely lifted off the floor. Slowly lower your body back down to the starting position then switch legs.

**20 SECONDS**

Start on your side and reach up elbows and keep your body straight like a board. Your feet can be hip width apart and your hands up elbows shoulder width. Hold this position. Make sure your hips don't drop too far or rise too high.



**7**



**8**



**9**

**100 SECONDS OR 20 REPS (10 EACH SIDE)**

Lie on your back and place your arms next to your belly (straight). Lift both legs and keep them straight while moving them up and down the opposite way. If there is a gap between the floor and your back, raise your upper body to plank out your back. You can then lean on your elbows and place them next to your body to help hold up the weight.

**10 REPS, 5 EACH SIDE**

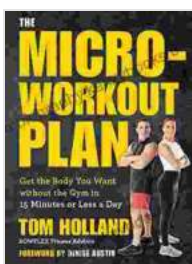
Lie on the floor and place your head behind your head. Open up your elbows and move the left elbow towards the right knee while twisting your torso. Lift the leg in a 90 degree angle towards your elbow. Move back into the starting position then switch sides. Don't put on your heels and be sure to keep your elbows open. You are not supposed to see your elbow in front of you.

**Consult your healthcare provider and follow all safety instructions before beginning any exercise program or nutrition plan.**



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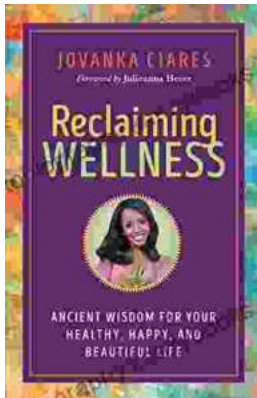
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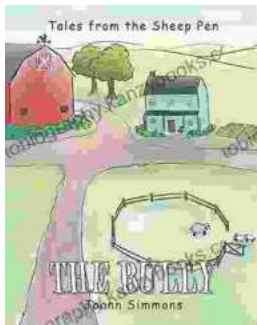
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