



The Busy Woman's Train-At-Home Workout Program and Diet Strategy: All You Need Is Dumbbells And a Bench to Save Time, Lose Weight, & Have More Energy to Deal With Real Life (Getting Real)

Scott Abel

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Train at home, discover diet simplicity, and maintain weight loss forever.

Too busy to make it to the gym? Just plain don't *like* going to the gym?

This book includes a complete, amazingly effective workout program that can be done with only dumbbells and an adjustable bench.

The workouts are in "circuit" training fashion, making for relatively quick workouts that still produce real results. No, these can't be done in 5 minutes, but they won't take forever, and they will help you sculpt a better body. They take advantage of Scott's Metabolic Enhancement Training methodology, so they use resistance, but take advantage of aerobic and anaerobic energy systems, and help you build conditioning and optimize metabolism.

These workouts ***won't* leave you exhausted**; instead, they are designed specifically to help you feel **invigorated and energized** to help you deal with daily life and its stresses, and your responsibilities. Fitness should *help* you deal with daily life, not leave you too tired to do so! It's more than "stress free" training; it's about training that actively helps you with deal with whatever life throws at you.

This program is perfect for the busy adult woman. The circuit training program has been tweaked and adapted, but was originally for busy woman and busy moms, including those who've just had kids, those who are looking to lose pregnancy weight, or those with a full household with children of all ages. This program is great if you're new to fitness, or if you've been involved in fitness in the past, but have found your life, your body, your responsibilities, and time constraints are quite simply very different now.

The included **diet strategy** is also designed to help you lose weight with healthy whole foods, but to do so in a way that's stress-free. The end goal is simplify things, so that you're be able think *less* about food, not more.

Getting Real

The **Busy Woman's Train-At-Home Workout Program and Diet Strategy** is part of Scott Abel's new

"Getting Real" series. This means that it pulls no punches; if something is ineffective, it's out. That's why it's train at home, but it insists on using weight training and dumbbells, with some bodyweight exercises. It's not bodyweight-only, or a pure cardio program, or anything like that.

Even though this can be done just with a bench and dumbbells, there is also an emphasis on setting up a home training environment that is actually conducive to training and building a training habit. (If other people are using the room where we train, that just won't be as effective. If pets are trying to play with us while we train, that just won't be effective. If we want results, we need to get real.) Similarly, Scott has specific recommendations for what kind of dumbbells to get (he prefers "selectorized" dumbbells), and what to look for in a bench (it should be adjustable). Two tiny 1-lb dumbbells won't do it, not for a real program like this one.

What's Included:

- A **customizable meal plan**, with simple, solid guidelines for losing weight long term, and what to expect long term. There are no complicated formulas or anything like that. **Just principles that work.**
- The complete training program with exercises. You actually get **16 different individual workouts**.
- The exercises are chosen to be effective, but not so complex that you need to be varsity athlete to do them. At the same time, readers will also be given access to a PDF with demos of all the exercises.
- The difference between exercise that "exhausts" you, and exercise that "invigorates" you--and why being invigorated is actually better for weight loss.

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Kathy Woodward:

The book The Busy Woman's Train-At-Home Workout Program and Diet Strategy: All You Need Is Dumbbells And a Bench to Save Time, Lose Weight, & Have More Energy to Deal With Real Life (Getting Real) will bring that you the new experience of reading a new book. The author style to elucidate the idea is very unique. When you try to find new book to learn, this book very suited to you. The book The Busy Woman's Train-At-Home Workout Program and Diet Strategy: All You Need Is Dumbbells And a Bench to Save Time, Lose Weight, & Have More Energy to Deal With Real Life (Getting Real) is much recommended to you to learn. You can also get the e-book from your official web site, so you can quickly to read the book.

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Carol Shull:

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Joy Hutchinson:

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