



5 Fitness Gear Home Gym User Manual

Martin Meadows



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friends and family tell you to be happy with how you are you think you re too weak inflexible or otherwise unfit for exercise and many more There was that one time you started a program but you couldn t keep up with the weekly or monthly goals so you got frustrated and gave up All of that has added up to make you think you re incapable of starting and continuing an exercise program You re afraid you aren t mentally or physically strong enough but still hold out the hope that someday a magic pill will change all that The magic exists today but it s not as easy or fast as swallowing a pill However it can be simple and enjoyable How to Build Self Discipline to Exercise is a concise practical guidebook on how to introduce and keep exercise in your life Inside you ll learn why the most common type of motivation people use to exercise is usually ineffective and which types of motivation are much stronger the wrong P that will lead you to giving up when you face obstacles how to overcome procrastination and finally start exercising including a slightly uncomfortable trick that will ensure you ll get plenty of exercise how to find time to exercise despite a hectic schedule and surprising math that shows you actually lose time when you don t make time for exercise practical tricks and tips to stay motivated forever even when you encounter obstacles how to enjoy exercise while still getting the most powerful benefits of it hint if your workout involves work it s not a good workout how to prevent injuries improve recovery and handle the inevitable muscle soreness so you stick to exercise even if your body acts against you how to deal with other people wrong expectations and negativity from both your surroundings and yourself in the form of self criticism or self doubt When put together and acted upon the six chapters in this book supported by over 80 references to scientific studies and credible experts will help you form a new habit and make one of the most important changes you ll ever make in your life Purchase the book now and let s embark on the journey to learn how

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5

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