

Your Workout Perfected

Your Workout Perfected by Nick Tumminello

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The workouts are designed for various settings (in the gym, at home, or on the go), and each ready-to-use program is also customizable to meet your specific needs and help you reach your fitness goals. Highly visual and instantly applicable, Your Workout PERFECTED will help you fine-tune your approach to your personal fitness.

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Your Workout PERFECTED showcases his unique ability to reveal how much we don't know about strength training—and how much we do know that's either inaccurate or antithetical to our goals. Lou Schuler— Award-Winning Fitness Journalist, LouSchuler.com

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Your Workout PERFECTED separates fact from fiction to improve fitness, function and performance, fat loss, and physique. The CE exam provides certified professionals the opportunity to earn continuing education credits by reading the book and passing the exam.

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If you want to improve your workout routine, stand out as a trainer with unique coaching techniques to help your clients, or know the importance of increasing your training knowledge, Your Workout PERFECTED is the best next addition to your library! Your Workout PERFECTED is available at Human Kinetics

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You know variety is good for your body, but between all the different types of fitness classes, styles, and moves out there, it might be hard to figure out exactly how to plan a perfect week of workouts. Most experts recommend a combination of strength training, cardio, and rest days to balance out your workout routine.

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Your Workout Perfected. Every workout is intended to do one thing: maximize results. Whether that result is fitness, function and performance, fat loss, or physique improvements, you want your efforts to pay off.

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