

# Home Fitness Training By Focussed On eBooks

**Discover The Secrets  
To *Get Fit, Strong & Healthy* With  
*Home Fitness Regimens!***





# HOME FITNESS REGIMEN

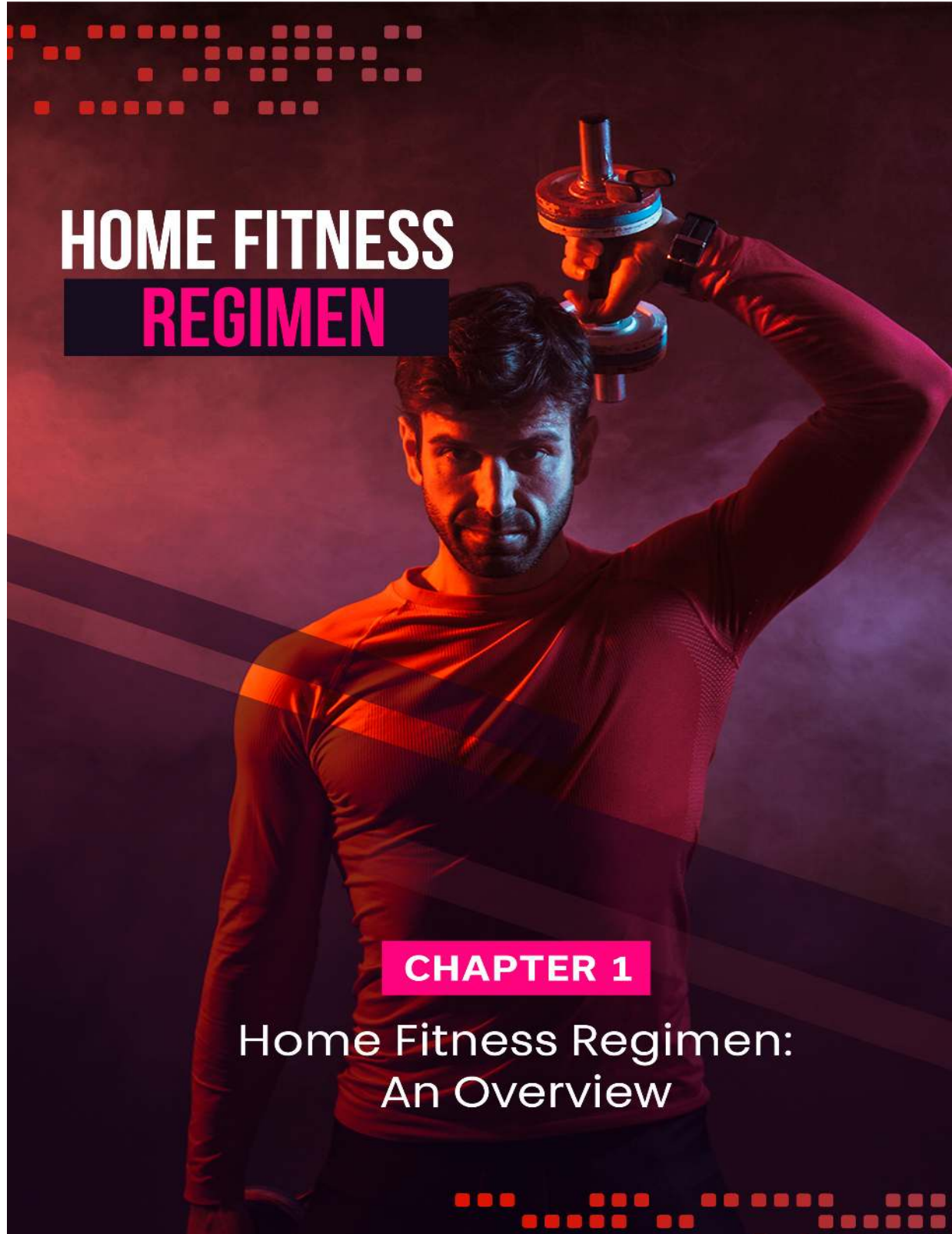
## Introduction



- At-home workouts are pretty much the way of life now, as most gyms across the country are still shuttered due to the new coronavirus pandemic.
- For those used to taking fitness classes at gyms or studios, at-home workouts have been a bit of an adjustment.
- Switching to a home workout routine isn't easy if you're used to going to a class for your HIIT or yoga workout -- it takes some space and a lot of intrinsic motivation to stick to a home workout plan -- but in light of the COVID-19 outbreak, Home Fitness Regimes are Vital. And establishing a workout routine could, most importantly, ease anxiety related to coping with the pandemic.
- The bottom line is, staying in shape during the pandemic is totally doable, and this course will show you how.



- There are really only two ways you can come out of this pandemic: super-ripped or in dire need of a diet.
- While coronavirus lockdown restrictions have eased in some areas, they've been re-imposed in others.
- The bottom line is that working out at home is still safer than heading to a gym and workout studio, even if they're up and running.
- Remember, your body is your own temple. You can maintain and improve your fitness at home just as well as you can in the gym. The fate of your body shouldn't be tied to one place, but rather, it should only depend on you and you alone.



# HOME FITNESS REGIMEN

## CHAPTER 1

### Home Fitness Regimen: An Overview