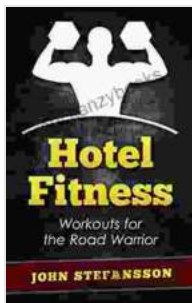


Hotel Fitness Workouts For The Road Warrior: Your Guide to Staying Fit on the Road

Are you a road warrior who travels frequently for business or pleasure? Do you find it difficult to maintain your fitness routine when you're away from home? If so, then this book is for you!



Hotel Fitness: Workouts for the Road Warrior

★★★★★ 5 out of 5

Language	: English
File size	: 1848 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 78 pages
Lending	: Enabled



Hotel Fitness Workouts For The Road Warrior is your guide to staying fit on the road. This book provides you with everything you need to know to get a great workout in your hotel room, even if you don't have any equipment.

Inside this book, you'll find:

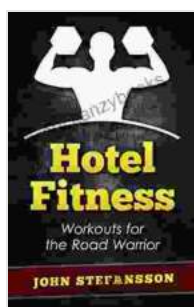
- Over 50 bodyweight exercises that you can do in your hotel room
- Resistance band exercises that you can use to add intensity to your workouts
- Cardio exercises that will get your heart pumping

- Flexibility exercises that will help you stay limber
- Sample workout plans that you can follow to get a complete workout in your hotel room

With Hotel Fitness Workouts For The Road Warrior, you'll never have an excuse to skip your workout again, no matter where you are.

Free Download your copy today!

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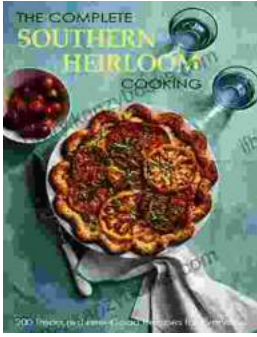


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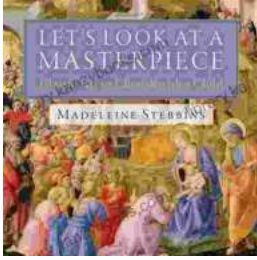
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