



**No Gym Needed- Jump Rope Workouts: 30  
Amazing Weight Loss Workouts You Can Do  
From The Comfort Of Your Own Home! (No Gym  
Needed, At Home Fitness, At Home Workouts,  
Drop A Dress Size)**

*John Mayo*

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# No Gym Needed- Jump Rope Workouts: 30 Amazing Weight Loss Workouts You Can Do From The Comfort Of Your Own Home! (No Gym Needed, At Home Fitness, At Home Workouts, Drop A Dress Size)

*John Mayo*

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Are you sick and tired of wasting time and money at the gym? Ready for a weight loss solution that works? Fitness can be as easy as using a jump rope and your own body weight! Welcome to another one of my fitness programs. This time we will utilize the jump rope, which is an amazing fitness tool used by people all over the world who are seeking to lose weight and improve their speed, agility, lung capacity and endurance. Ever tried jumping rope for 5 minutes? It's a lot harder than you think and it's exponentially more effective than jogging! As you probably know, jump rope is one of the main forms of cardiovascular training in boxing. They don't do this exercise because it's fun (even though it can be); they do it because it's hard as hell and it dramatically increases your foot speed, agility, coordination, endurance and lung capacity. Here's a sneak peak of what's inside... - In- depth explanations of the best skipping exercises - Detailed explanations of some of the best bodyweight exercises -10 beginner jump rope/ bodyweight workouts - 10 intermediate jump rope/ bodyweight workouts - 10 advanced jump rope/ bodyweight workouts AND a bonus sample of "How to Get Abs 2-in1 Boxed Set" This book is no BS and is only for people who take getting fit at home seriously. If you want to say goodbye to expensive gyms then you need to be determined, self-motivated and extremely disciplined. These 30 workouts will challenge you and I guarantee if you do them all within the next 30 days you will notice a drastic difference in your fitness level. **Accept my challenge, get the book NOW and begin your life transformation** Scroll up and download "No Gym Needed- Jump Rope Workouts: 30 Amazing Weight Loss Workouts You Can Do From The Comfort Of Your Own Home!" RIGHT NOW TAGS----- healthy living, woman's health, how to get abs, rapid weight loss, healthy habits, look great naked, at home workouts

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**Loris Beal:**

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