



Outdoor Hill Workout: Hardcore Circuit Training for Men

Jim McHale, Chohwora Udu

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Think circuit training is for the feeble and faint-of-heart? Think again. the Outdoor Hill Workout is a no-nonsense approach to high intensity fitness training. This workout is intense, diverse, creative, and, most importantly, proven. It is a great alternative to the gym or a 'boring' run.

The exercises in this book will give you the motivation you need to get super fit, and the expertise required to dramatically improve your muscular strength and aerobic fitness. Anyone wanting to increase their explosive power, particularly in their legs, will benefit from this workout.

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