



Running Books: Get Fit And Run Your Way To Getting A Lean Body For Beginners - Training Guide For Weight Lose (Fitness, Gym, Cardio, Cross fit, Workout, Sport)

Randy Johnson

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Use these Guidelines to help you accomplish your fitness goals

This book has actionable steps and strategies on how best to run and lose weight.

Most people nowadays are in search of a quick fix on how to lose weight and get a lean body. The sad part is that these crash diets easily lead to weight gain since they are very restrictive and you are likely to go back to what you were eating before the diet, which does you no good. However much you may not like the idea of exercising, you need to incorporate exercise into your weight loss program, or else you may not achieve the results you are hoping for.

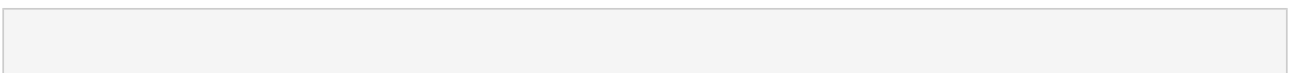
This book will help you to know how to lose weight and gain a lean body using one type of exercise, which is running. Running is one of the most effective ways of losing weight and this can be proved by the numerous researches that have shown that running burns more calories per minute than swimming, cycling, and weightlifting. One of the outstanding benefits of running is that your body burns fat when you are running and when you are resting. Furthermore, you don't need any specialized equipment in order to run; all you need are some suitable running shoes and your running gear and you are good to go. How easy is that?

If you are eager to learn how to run for weight loss and to have a lean body, then this book will teach you how you can achieve this.

Here is a preview of what you would learn

- Learning how to breathe
- Learning how to stretch
- Running Techniques
- Fat Blasting Runs
- How To Keep Your Running Routines Challenging
- Potential Pitfalls To Avoid
- How To Develop A Running Routine
- How to Embrace a healthy diet
- Much, much more!

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Randall Blake:

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