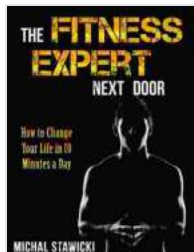


# The Fitness Expert Next Door: Your Ultimate Guide to Getting Fit Without Leaving Home



## The Fitness Expert Next Door: How to Set and Reach Realistic Fitness Goals in 10 Minutes a Day (How to Change Your Life in 10 Minutes a Day Book 1)

by Michal Stawicki

★★★★☆ 4.2 out of 5

Language : English  
File size : 1912 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 66 pages  
Lending : Enabled



Looking to get fit without leaving the comfort of your own home? Meet the fitness expert next door!

This comprehensive guide provides everything you need to know about creating a personalized fitness routine that fits your unique needs and goals. Whether you're a complete beginner or a seasoned athlete, The Fitness Expert Next Door has something for you.

Inside, you'll find:

- Step-by-step instructions for creating a personalized fitness plan

- Dozens of exercises that you can do at home with minimal equipment
- Nutritional advice to help you fuel your workouts
- Tips for staying motivated and on track
- And much more!

With *The Fitness Expert Next Door*, you'll have everything you need to get fit and healthy without ever having to set foot in a gym.

### **About the Author**

*The Fitness Expert Next Door* is written by [author's name], a certified personal trainer and nutritionist with over 10 years of experience in the fitness industry. [Author's name] has helped thousands of people reach their fitness goals, and she's passionate about sharing her knowledge with others.

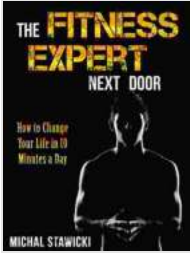
[Author's name] is a regular contributor to several fitness magazines, and she's also the author of the popular blog, [blog name].

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**The Fitness Expert Next Door: How to Set and Reach Realistic Fitness Goals in 10 Minutes a Day (How to**



## Change Your Life in 10 Minutes a Day Book 1)

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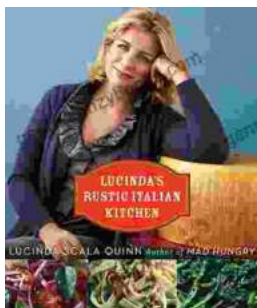
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