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the complete guide series is designed for the fitness professional coach fitness enthusiast and student packed with ready made training programmes tips and strategies outdoor exercise is not only a cheaper alternative to the gym but it also offers immense scope and variety in terms of the activities you can do within the tried and trusted complete guides format comes this definitive guide focusing on functional training exercises in the great outdoors covering physiology and core training principles as a starting point this book includes different workouts for different environments park beach back garden and covers the use of a variety of popular equipment from vipers to kettlebells packed with colour photography clearly illustrated exercises and

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