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							HOURS 7:00
	<b>Hunter -1</b>	<b>Eclipse</b>	<b>Antelope +5</b>	<b>Fletcher</b>	<b>Galena +3</b>	<b>Wright Pe...</b>	HOURS 7:00
	02:00:00 123 DURATION 123	01:30:00 104 DURATION 104	02:00:00 129 DURATION 129	01:30:00 65 DURATION 104	02:00:00 137 DURATION 123	02:00:00 127 DURATION 104	HOURS 7:00
	TR	TR	TR	TR	TR	TR	HOURS 7:00
17	18	19	20	21	22	23	Week 34
	Week 4						HOURS 7:00
							HOURS 7:00
	<b>Tallac +3</b>	<b>Tallac +2</b>	<b>Juneau -1</b>	<b>Andrews</b>	<b>Wright Pe...</b>	<b>Antelope +5</b>	HOURS 7:00
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	TR	TR	TR	TR	TR	TR	HOURS 7:00
24	25	26	27	28	29	30	Week 35
	Week 5						HOURS 7:00
							HOURS 7:00
	<b>Tallac +3</b>	<b>Tallac +2</b>	<b>Juneau -1</b>	<b>Andrews</b>	<b>Wright Pe...</b>	<b>Antelope +5</b>	HOURS 7:00
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# Trainerroad Workouts

**Janne Kallio**



## **Trainerroad Workouts:**

**The Endurance Equation** Janne Kallio, 2025-10-30 The Endurance Equation Mastering Training Technology and Performance explores how modern technology is revolutionizing endurance training providing athletes with powerful tools to track plan and analyze every aspect of their performance However these tools are most effective when grounded in a solid understanding of human physiology and training principles This book delves into the fundamentals of human physiology explaining key endurance training concepts such as defining training intensities managing intensity distribution and monitoring performance over time It also emphasizes the importance of balancing daily activity with quality sleep offering a 360 degree view of athletic development through technology Focusing on popular endurance sports like running swimming cycling and triathlon the book demonstrates how technology can enhance sport specific insights whether through swimming stroke analysis running gait evaluation or cycling power metrics It provides actionable tips on race preparation covering critical aspects of conditioning nutrition and recovery The final section offers a deep dive into the science behind the technology with detailed explanations of the latest software tools sports sensors and training algorithms Throughout industry leaders and expert insiders share their perspectives offering invaluable insights into the evolving relationship between training and technology

*HowExpert Guide to Triathlons* HowExpert, Max Stoneking, 2023-01-20 If you want to learn how to train race and succeed in triathlons as a triathlete then check out HowExpert Guide to Triathlons Imagine spending months or years dedicated to a specific goal and the euphoria associated with the moment when the work has paid off That is a feeling unlike any other and exactly how it feels to cross the finish line of a triathlon However crossing that line is not happenstance The outcome is reflective of months of hard work and requires a process and a plan that can be difficult to navigate without knowing where to start HowExpert Guide to Triathlons simplifies the process and serves as a guide to developing the athletic acumen necessary to excel at your next or first triathlon Topics covered include comprehensive tips on essential gear how to structure training how to eat and recover basic technical advice and much more Not only will you learn how to maximize athletic potential but you will develop an understanding of how to embody the ethos of a triathlete The mindset the lifestyle the health benefits and the structure all pervade into everyday life making triathletes some of the most well rounded individuals There is something here for all ability and experience levels Whether you are looking to tackle your first sprint race or are already an Ironman consider this THE resource for training competing and succeeding in triathlon Check out HowExpert Guide to Triathlons to learn how to train race and succeed in triathlons as a triathlete About the Author Max Stoneking is a current Doctor of Physical Therapy Student and an avid triathlete He started swimming at the age of 7 and continued with the sport into the college ranks before getting a start in triathlon Along the way he got to experience the training and competition at the highest level of swimming which served as a foundation for understanding what it means to develop as an athlete Since starting in the sport of triathlon he has taken home numerous top age group finishes and

aspires to compete at a level on par with other elite amateurs He has also taken on roles as an assistant swimming coach at Carroll University in Waukesha Wisconsin United States and as an endurance coach for a small cohort of athletes in running and triathlon Max is the epitome of a student of the sport and aims to relay that knowledge to athletes near and far

HowExpert publishes how to guides on all topics from A to Z by everyday experts *KI in Training und Wettkampf* Stefan Schurr,2025-08-21 Künstliche Intelligenz hat Einzug in den Sport Wo früher starre Trainingspläne und allgemeine Empfehlungen dominierten entstehen heute dynamische Systeme die Training Ernährung und Regeneration individuell und in Echtzeit steuern Dieses Buch zeigt wie Plattformen bereits erfolgreich im Profisport eingesetzt werden und welche Chancen sich für ambitionierte Amateursportler mit frei verfügbaren Tools eröffnen Es beleuchtet die Herausforderungen wie Datenqualität Transparenz und Akzeptanz und diskutiert die neue Rolle des Trainers im Zusammenspiel mit der Technologie Mit zahlreichen Praxisbeispielen wird deutlich wie KI nicht nur Leistung steigert sondern auch die Gesundheit bewahrt Ein Buch für Athleten Trainer und alle Sportinteressierten die einen Blick in die Zukunft werfen wollen [Cross-Training For Dummies](#) Tony Ryan,Martica Heaner,2000-06-16 Anyone can get into a fitness rut You could be exercising regularly but feeling unmotivated about your current routine Or you could be enjoying your workouts but not getting the results you really want You can even be on health club hiatus and looking for a way to get back into exercise mode Whatever your situation cross training is a practical solution Cross training is a well rounded way of approaching exercise It allows you to vary your workouts so you can inject a little excitement into your fitness routine while you receive better results out of your exercise plan If you have a real thirst for fitness knowledge then Cross Training For Dummies is for you Whether you just want to use cross training as a way to spice up a dull workout routine or you're looking to develop specific skills that will enhance your performance in a specific activity or sport this book can get you on track Cross Training For Dummies will keep you motivated interested strong and injury free as you strive to improve your level of fitness From savvy tips that'll turbo charge your workouts to great advice on weight lifting fitness activities and team sports this book has just what you need to advance to a higher level of fitness Cross Training For Dummies also covers topics that will help you to Assess your fitness level Set personalized exercise goals Have fun with individual and team sports Incorporate kickboxing Pilates spinning and other cutting edge workouts into your routine Understand the five elements of fitness Challenging your body to new fitness levels is hard work but the results are well worth it Cross Training For Dummies will help you understand how cross training works and show you how to put together a well balanced training program that will keep you happy and healthy **Dr. Jordan Metzl's Workout Prescription** Jordan Metzl,2016-12-13 Dr Jordan Metzl's Workout Prescription is a compressed workout guide designed for busy professionals in today's world who have little time for fitness and want to maximize results In this book Dr Jordan Metzl explains the science of the compressed high intensity workout and provides a series of progressive workouts ranging from 10 to 30 minutes that can be done anytime anywhere using minimal equipment This book also guides

you through topics like motivation goals and the importance of proper recovery Dr Metzl s high intensity workout combined with a scientifically designed and periodized training schedule delivers maximum results in minimum time in a unique and compelling way that is equally effective for men and women children and adults *Partner Workouts* Krista Popowych,2021-10-13 Encouragement motivation friendly competition and accountability are just a few of the many benefits of working out with a partner And there is no doubt that partner workouts produce results But success requires more than just pairing up You need the right partner the best exercises and proven programs to achieve and maintain your goals You need Partner Workouts In Partner Workouts fitness expert Krista Popowych will help you establish the foundation for success with guidance on movement principles exercise selection and your training environment setup You ll get advice on how to select a partner for maximum benefits and how to work out with the partners you already have including a friend significant other or child Learn how to modify exercises and adapt your workouts based on variances in individual partner goals level of fitness and relative size so you can both get the maximum benefit from each workout You ll find 15 ready to use workouts along with nearly 100 exercises and stretches for creating your own perfect partner workout Tailor workouts to your desired focus including HIIT strength workouts cardio and more Most of the included exercises require no equipment at all while others use readily available equipment such as resistance bands and medicine balls The versatility of each exercise makes it simple for you and your partner to get in a great workout no matter whether you re in a gym in your home or outdoors For fitness professionals the teaching tips will help with incorporating partner exercises into large or small group fitness programs building comradery and keeping clients coming back for more With progressions and regressions for each exercise fitness professionals can learn to create workouts that are adaptable and scalable for every scenario Learn how exercising with a partner can get you engaged in your workouts and keep you moving toward your goals Become fitter and stronger together with Partner Workouts

**Core Performance Endurance** Mark Verstegen,Pete Williams,2008-12-23 Mark Verstegen the world renowned performance coach who was at the forefront of the core training revolution now applies his cutting edge training system to the special needs of the endurance athlete with Core Performance Endurance Verstegen s first two books Core Performance and Core Performance Essentials broke new ground in fitness with their intense focus on the muscles of the core shoulders hips and midsection That focus remains the key here as he not only helps endurance athletes train more effectively but also gives them a potent regimen of core training that will help them move more efficiently speed recovery and stave off overuse injuries and long term deterioration His plan helps endurance athletes at all levels from competitive swimmers and hard driven triathletes to everyday joggers delivers the desired combination of strength and stamina balance and flexibility athletic quickness and power to which the endurance athlete strives provides an endurance oriented nutrition program complete with recommendations for pre and post race eating *Smarter Workouts* McCall, Pete,2019 Smarter Workouts The Science of Exercise Made Simple gives you the solution you need with efficient and

effective workout programs that use only one piece of equipment You can work out in a short period of time without spending a lot of money on expensive equipment or gym memberships all while targeting your personal goals **Home Workouts** A. G. Scott,2020-10-12 How to tone and sculpt your body even if you hate cardio or have never stepped inside a gym and don't plan on doing so At one point or another we've all told ourselves I'm going to sign up for a gym membership and really do it this time or I swear I'll do my workout later on tonight We all know the benefits of exercise It improves our physical and mental health gives us more energy and boosts our self image So why is it so hard to start an exercise regimen and even harder to stick to it Despite our best intentions life gets in the way and there always seems to be an obstacle stopping us from actively trying to live healthier Whatever the reason continuing to live a sedentary lifestyle isn't doing you any favors In fact physical inactivity is the 4th leading risk factor for global mortality and is a strong predictor for weight gain cardiovascular disease and other chronic conditions Does this mean that you have to make drastic lifestyle changes to start improving your health mentally and physically Or that you need to give up time doing what you love just so you can spend hours in the gym Not at all I'll let you in on a secret that the fitness industry doesn't want you to know You don't need fancy equipment or expensive trainers to sculpt the body that up until now you've only imagined A G Scott knows firsthand the amazing results that can be achieved with home workouts and so he has put together the only exercise guide you'll ever need In *Home Workouts Anyone Anytime Anywhere* you will discover The six key elements every workout must have in order to make the most of your time and effort and how they will have you seeing results sooner than you would believe Exercises for every muscle group and fitness level with clear comprehensive instructions diagrams and variations so you're working your target areas every time The 1 upper body workout that will rapidly build your overall strength hint small adjustments make big changes How this engaging training method can help you burn more calories than traditional cardio and continue to burn calories even after your workout is finished The numerous benefits of dynamic stretching and how that one simple habit not only warms up your muscles but also improves your balance and coordination over time Meal plans that can be adapted for any lifestyle so you can create a plan that meets your personal needs and preferences The most common mistakes people make without realising and how these can hold you back from achieving incredible results And much more With the demands and responsibilities of everyday life you shouldn't have to sacrifice precious hours every week going to the gym to build the body you've always wanted The key to transforming your life is having a workout routine that works for you not against you This is a plan that will adjust to match your needs and experience no matter where you are It's time to leave the costly gym membership behind save money and allow yourself more time to enjoy life If you start today think how much better you will look and feel in a month If you want to start looking forward to exercise and commit to achieving the body of your dreams no strings attached then scroll up and click the Add to Cart button right now *Fire Your Gym! Simplified High-Intensity Workouts You Can Do At Home* Andy Petranek,Roy Wallack,2013-07-30 *Fire Your Gym Simplified High Intensity Workouts*

You Can Do At Home by Andy Petranek and Roy Wallack Challenging High Intensity Workouts That Make You Incredibly Strong and Fast Had it with the relentless pace fatigue and sore muscles of Body Beast and P90X Tired of driving to the gym every day or paying a trainer Or do you want a break from your tedious workout routine Dive into Fire Your Gym and you will find a challenging exciting time saving fun and smart program that delivers striking gains in muscle size and strength running speed and endurance fat loss and all round peak fitness developed by two top authorities in the fitness world Best of all it leaves you with a simple highly motivating workout system that ll keep you super fit for life right from your own home Andy Petranek founder of one of the world s most successful CrossFit gyms and Los Angeles Times fitness columnist Roy M Wallack have created a unique science based program that blends high intensity strength training intervals and low intensity recovery cardio Brutally effective without beating you up it is simply the best way to get the best results

*ANIMAL KINGDOM WORKOUTS* Rahul Mookerjee,2020-07-04 Benefits you can expect from following the routines and exercises laid out in this book Super strength and CONDITIONING not to mention WEIGHT LOSS in an all in one package No more need for long drawn out workouts Most of these workouts won t take longer than 10 minutes at most if you do things right the workout part of it you may be panting for a long long time during and after the workouts though Hehe A core of STEEL Quite literally If you thought my other exercises gave you a core of steel well you were right especially those in Corrugated Core but this book takes CORE training to a whole new level You ll have animal like CORE strength Quite literally my friend Ever seen a gorilla with a paunch or tiger with flab hanging off it I didn t think so Neither have I and the way these animals MOVE in daily life is one reason And if you don t think core strength is important think AGAIN As Herschel Walker famously said get the core ready and you can handle ANYTHING GRIP strength from Cain and then some Believe me my fingers almost fall off when doing some of these exercises and I ve been doing em a while I m the Gorilla Grip And still The grip is truly the LITMUS test of REAL strength my friend either for a man or a woman and you ll develop ape like crushing grip strength with the exercise mentioned there in not to mention fingers of STEEL and strong pliable wrists to boot Shoulder neck and back pain will disappear in a trice as you do these exercises Your legs will become pillars of steel and your STAMINA will shoot through the roof as well FAT will fly off your frame so fast your friends and family will wonder what is going on Believe me I sweat for HOURS after these workouts I m sitting in an air conditioned room right now tying this and I just got done taking a shower It s MORE THAN AN hour after my workout and the sweat is still trickling off me In fact I should say you ll experience ULTRA RAPID FAT LOSS once you get on the stick with these workouts my friend I mean ultra rapid Don t be surprised if you lose more than a few inches within the first couple of weeks of getting on these workouts You ll feel much better after these workouts In fact you ll have a sparkle to your face and a new found SPRING in your stride once you start getting good at these You ll experience increased productivity in all areas Work life and I have to say this here the bedroom as well And YES If you work the core heavily guess what areas of the body get worked the most and what benefits accrue

Right You got it You ll build upper arm shoulder and chest muscle like never before Your entire back will start to get that V shape to it And remember we ain t doing a single pull up in this course Your neck and traps will grow larger and more muscular in size In fact neck pain will be a thing of the past as will lower back pain Think boa constrictor like muscles all over your lower back Your tendons ligaments and connecting musculature will ALL increase in sheer strength once you get on these routines It s well known that most injuries occur due to weak ligaments and connective tissues and these workouts will resolve the above once and for all Your performance on the SPORTING arena will increase tremendously If you re a martial artist wrestler boxer or other sort of physical enthusiast guess what the benefits from these workouts will not just carry over but will ENHANCE your performance in those activities Well my friend I ve said my bit Now it s up to YOU It s up to YOU decide whether or not you want to remain on the fence or take the FIRST and most TANGIBLE step to turning into the real man or woman you were always MEANT TO BE The choice is yours my friend If I were your brother I know what I d tell you Order NOW and start to change your life for the better instantly Rahul Mookerjee *Step-Training Workout* Sofia Sjöström Stahl,2020-01-07 Using a staircase you can now easily do short intensive interval training using only your own body weight Give your body exactly what it needs plenty of strength and conditioning but without taking too much time out of your busy day or spending loads of money on a gym Learn to utilize the staircases in your everyday environment and maximize every step with this practical guide Step Training Workout contains sixty exercises along with suggestions on structuring your workouts into time saving and utility boosting intervals Each exercise typically takes between 5 and 15 minutes and can be done on the go on a lunch a break or at home after a long day perfect for anyone who can t fit in a full workout Whether you re just starting out or are an avid exercise this book will add new incredible workouts to your repertoire With Step Training Workout learn how to get fit fast and feel great It has been a pleasure watching Skyhorse Publishing develop into one of the largest and fastest growing independent publishers over the last decade Trident does a good deal of business with Skyhorse Skyhorse has become a cornerstone of independent publishing and has taken its rightful seat in the world of major trade publishing Robert Gottlieb chairman of Trident Media Group LLC *Functional Training for Athletes at All Levels* James C. Radcliffe,2007-01-16 Get ahead of the competition with over 100 muscle coordinating exercises and twenty sports specific workouts Push your muscle development and athletic abilities to incredible new heights with Functional Training for Athletes of All Levels Functional training conditions your body to respond to the strenuous demands of athletic competition This method goes far beyond standard isolation movements done sitting down that simply increase muscular bulk Functional training coordinates your muscles to work together to produce explosive power tightrope walker balance and catlike agility With over 100 exercises illustrated with step by step photos and twenty sport specific workouts this book will help you acquire the athletic movement skills necessary to maximize your performance in any sport Develop a rock solid core for supreme stability Strengthen your trunk for explosive power Sharpen fast twitch muscles for lightning quick responses

Coordinate your muscles for full body control Enhance your stabilizers for quick agile movement Functional Training for Athletes at All Levels includes customized sport specific workouts for Baseball Basketball Bicycling Football Golf Gymnastics Hockey Lacrosse Rugby Skiing Soccer Softball Swimming Tennis Track Field Volleyball Wrestling **Circuit Training Workouts** R. M. Lewis,2017-04-22 Circuit training is a great way to build muscle and burn fat without spending half your time at the gym every day In a circuit training workout you do one exercise for an allotted amount of time or reps and then immediately start the next exercise without a break When you complete one circuit of exercises you take a quick breather for 60 seconds and then do it all again Sounds challenging right It certainly is but that s exactly why it works so well Even people who have been weightlifting for years often find circuit training intense to start with but the results of circuit training speak for themselves One of the many advantages of circuit training is the simplicity of the exercises Many of them are based on using your own bodyweight This means that even if you don t have access to a gym you can still get in the best shape of your life with the workouts in this book Many of these circuits require no equipment at all and many others require nothing more than a pair of dumbbells or a barbell Workouts for the gym are also included so you can take full advantage of circuit training no matter what your situation This book includes the following Arm circuit workouts Leg circuit workouts Ab circuit workouts Upper body circuit workouts Full body circuit workouts Explanations on how to do each exercise With so many different exercises there s no reason to ever get bored with your workout routine and with 50 different routines in the book you can always switch from one to another to keep your workout fresh Several of the workouts include variations you can try whenever you want to either for variety or as an added challenge You can customize circuit training to your own schedule and experience level by working out once twice three times or more a week depending on your situation This book contains workouts for all three schedules so you can pick the one that works for you If you want to be fitter than ever before circuit training is the way to do it and this book will show you how **Partner Workouts** Laura Williams,Noel Ferrin,2016-12-13 The first full color fitness book that teaches you how to actively engage a partner in your workout routine Partner Workouts features 70 step by step exercises that utilize another person either directly for resistance or indirectly for stability and balance Forty workouts put these 70 bodyweight exercises yoga positions cardio and more into routines and three long term comprehensive exercise programs provide regimens so you and your partner can motivate each other to achieve your fitness goals over a period of time From choosing your partner and setting your goals to tracking your progress and nutrition this step by step guide doesn t require a gym membership or expensive fitness equipment So grab a friend and start your Partner Workouts **Home Workout** DK,2009-12-21 Forget gyms expensive kit and hours of punishing fitness regimes choose from a range of 15 minute pilates yoga and abs workouts back exercises and strength training programmes and get your body in top shape with Home Workout Clear at a glance photos show you exactly what to do and the live action 60 minute DVD demonstrates a choice of workouts to suit your fitness needs and mood A total fitness package exercising at home has never

been easier or quicker

**Bring It!** Tony Horton,2012-05-08 Creator of the best selling P90X workout series Tony Horton shows you how to Bring It for the results you want Over the past 25 years Tony Horton has helped millions of people from stay at home moms to military personnel to A list celebrities transform their bodies and their lives with innovative workouts and cutting edge advice Now in his first book he shares the fundamentals of his fitness philosophy with millions more revealing his secrets for getting fit and healthy and melting away pounds One size fits all diets and exercise regimens just don t work that s why Tony creates unique programs for each of his clients In Bring It he shows you how to build your own diet and fitness plan tailored to your individual lifestyle preferences and goals With a Fitness Quotient FQ quiz designed to assess your likes dislikes and current fitness level you can choose the program that s right for you In photographs and easy to follow instructions Tony demonstrates his unique moves and exercise combinations that include cardio fat burners lower body blitzers core strengthening plyometrics yoga and more You ll also discover Tony s fat blasting eating plan and detox tips delicious recipes and mental motivators Whether you ve never been to the gym before are looking to get bikini ready or simply want to take your workout to the next level Tony Horton can give you the results you ve been looking for A better body and future is possible when you commit to change Get ready to Bring It

**7 Minutes to Fit** Brett Klika,2015-02-10 There s a reason why searching Google for the New York Times article The Scientific 7 Minute Workout yields nearly 100 million results we all want an exercise routine that s quick efficient and delivers powerful results In 7 Minutes to Fit the scientific study s co author presents 50 all new high intensity interval circuits that only require a chair and a timer Award winning personal trainer Brett Klika provides step by step explanations of basic exercise movements paired with illustrations so readers are ready to perform the workouts With circuits devoted to full body arms legs and core all wrapped up in a portable package 7 Minutes to Fit is an at home personal trainer perfect for busy parents traveling professionals or time strapped students

**Strength Zone Training** Nick Tumminello,2022-04-25 Don t waste your time doing workouts that leave large gaps in your strength or load you up with unnecessary redundant exercises Take a strategic approach to your workouts by using a proven system that trains strength through each joint s true full range of motion Even if you lift you may still be missing something in your quest to get stronger Optimal training does not involve training all the muscles instead it trains all the ranges or zones of each muscle Many popular exercises work the same muscles the exact same way Performing redundant exercises is a waste of your time In Strength Zone Training renowned personal trainer Nick Tumminello who has become known as the trainer of trainers shows you the following How to build strength through the true full range of motion The redundant exercises you just don t need to do The exercises to maximize upper body and lower body strength that are missing from your workout The angles most people don t do exercises for but should The best exercises to include in your program to train each muscle group A better strategy to follow when choosing your exercises Beginner and advanced workout plans for any schedule You ll find exercises addressing every area of the body with details on how to perform the

exercise as well as coaching tips Select exercises are depicted with a stunning hybrid of photo and anatomical art highlighting the movements or zones that provide a training stimulus You will learn how to combine exercises within a workout in a smarter and more strategic way to collectively train through a full range of motion resulting in not just an improvement in physique but also an improvement in performance and a reduction in injury risk In addition to the exercises you ll find four chapters of easy to follow workout plans you can immediately use at the gym You can select a fully comprehensive workout plan that is right for you regardless of your training level or weekly schedule Strength Zone Training is the blueprint for building muscle with a purpose making it simple to create workout programs that eliminate exercise redundancy and use full range of motion so you can build a body that is all around stronger and more durable Choose your exercises and get ready to dominate Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam **High**

**Intensity Fitness Revolution for Women** Pete Cerqua,Victoria Toujilina,2016-11-01 What if you were able to skip the long hours of grueling gym workouts and the endless cycle of sweat and exhaustion that you supposedly need to get fit And what if even after forgoing those you could still have an amazing physique High Intensity Fitness Revolution for Men gives you the information that you need to do just that Here bestselling author and celebrated fitness trainer Pete Cerqua presents a groundbreaking fitness regime that helps you get in the best shape of your life in less than fifteen minutes a day High Intensity Fitness is all about optimizing your time by teaching you how to work out smarter not longer Using scientific principles and advanced workout programs the regimes in High Intensity Fitness Revolution for Men will change your body in only minutes a day Anyone from the ultra athletic at the peak of their physical prime to the perpetual couch potato can benefit from Cerqua s expert program High Intensity Fitness breaks down and simplifies the key exercises that you need and eliminates what you don t These workouts are especially designed and repeatedly proven to help you achieve the fastest results through the shortest workouts So what are you waiting for Join the High Intensity Fitness Revolution today

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### **Trainerroad Workouts Introduction**

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