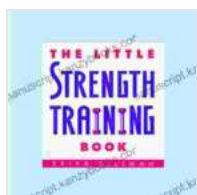


# The Little Strength Training Little Series: Your Guide to Building Strength at Home

Are you looking for a way to get stronger without having to go to the gym? If so, then The Little Strength Training Little Series is the perfect solution for you.



## The Little Strength Training Book (Little Book Series)

by Erika Dillman

★★★★★ 5 out of 5

Language : English  
File size : 1468 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting: Enabled  
Word Wise : Enabled  
Print length : 144 pages



This three-book series offers a comprehensive guide to building strength at home, regardless of your fitness level. The books are written in a clear and concise style, and they are packed with practical advice and exercises.

In the first book, you'll learn the basics of strength training. You'll discover how to choose the right exercises, how to warm up and cool down, and how to progress your workouts.

The second book in the series provides you with a variety of strength training workouts. These workouts are designed to target all of the major

muscle groups, and they can be customized to fit your individual needs.

The third book in the series offers advice on how to stay motivated and on track with your strength training routine. You'll also learn how to troubleshoot common problems, and how to make the most of your workouts.

Whether you're a beginner or an experienced lifter, The Little Strength Training Little Series has something to offer you. This series is the perfect resource for anyone who wants to build strength at home.

### **What's Inside The Little Strength Training Little Series?**

The Little Strength Training Little Series includes three books:

- **Book 1: The Basics of Strength Training**
- **Book 2: Strength Training Workouts**
- **Book 3: Staying Motivated and On Track**

### **Book 1: The Basics of Strength Training**

This book covers the following topics:

- What is strength training and why is it important?
- How to choose the right exercises
- How to warm up and cool down
- How to progress your workouts
- Common mistakes to avoid

## **Book 2: Strength Training Workouts**

This book provides you with a variety of strength training workouts. These workouts are designed to target all of the major muscle groups, and they can be customized to fit your individual needs.

The workouts in this book are divided into three levels:

- **Beginner**
- **Intermediate**
- **Advanced**

Each workout includes detailed instructions and photographs, so you can be sure that you're performing the exercises correctly.

## **Book 3: Staying Motivated and On Track**

This book offers advice on how to stay motivated and on track with your strength training routine. You'll also learn how to troubleshoot common problems, and how to make the most of your workouts.

This book covers the following topics:

- How to set realistic goals
- How to create a workout schedule that works for you
- How to stay motivated when you're feeling discouraged
- How to troubleshoot common problems
- How to make the most of your workouts

## Who is The Little Strength Training Little Series For?

The Little Strength Training Little Series is for anyone who wants to build strength at home. This series is perfect for:

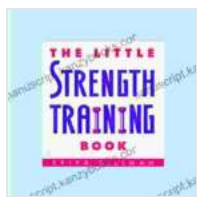
- Beginners who are new to strength training
- Experienced lifters who want to improve their technique
- Anyone who wants to get stronger without having to go to the gym

If you're ready to build strength at home, then The Little Strength Training Little Series is the perfect resource for you.

## Free Download Your Copy Today!

The Little Strength Training Little Series is available now on Our Book Library.com. Free Download your copy today and start building strength at home.

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### The Little Strength Training Book (Little Book Series)

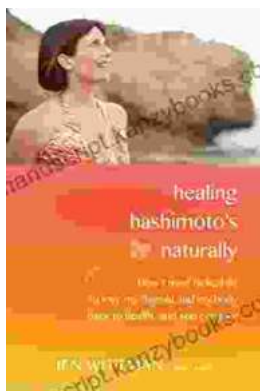
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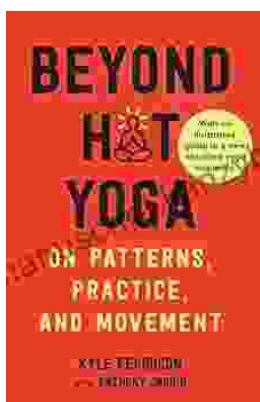
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