



Fit By Nature: The Adventx Twelve-Week Outdoor Fitness Program

John Colver, M. Nicole Nazzaro

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No matter where you live, you can get fit and healthy in the great outdoors. When most people think of getting in shape, they think of gym memberships-treadmills, StairMaster machines, rooms crammed full of equipment and sweaty people. Wouldn't it be nice to have a workout that was a breath of fresh air instead?

In FIT BY NATURE, John Colver lays out his flagship 12 week outdoor training program- a regimen that requires nothing more than outdoor space and a little inspiration.

FIT BY NATURE covers fitness basics such as nutrition, injury prevention, goal setting, and gear lists. With weekly charts and day-by-day descriptions, this book will push you to a new fitness level, whether you run up your neighborhood stairs, jump over logs on a nearby trail, swim laps at your local aquatic park, or simply do stretches in your own backyard.

Featured sections include a compendium of all core exercises, sport specific circuit training, and an AdventX On-Target Fitness Evaluation.

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