

Kayla It Sines Ebook Free

This is not your run-of-the-mill fitness book. Developed by world-renowned gluteal expert Bret Contreras, Strong Curves offers an extensive fitness and nutrition guide for women seeking to improve their physique, function, strength, and mobility. Contreras spent the last eighteen years researching and field-testing the best methods for building better butts and shapelier bodies. In Strong Curves, he offers the programs that have proven effective time and time again with his clients, allowing you to develop lean muscle, rounded glutes, and greater confidence. Each page is packed with information decoding the female anatomy, providing a better understanding as to why most fitness programs fail to help women reach their goals. With a comprehensive nutritional guide and over 200 strength exercises, this book gets women off the treadmill and furnishes their drive to achieve strength, power, and sexy curves from head to toe. Although the glutes are the largest and most powerful muscle group in the human body, they often go dormant due to lifestyle choices, leading to a flat, saggy bum. Strong Curves is the cure.

All you need to smash your body goalsDrive visible results in 2 weeksFull 6 Week Tone GuideFull 12 Week Nutrition GuideBONUS: FREE Smoothie Recipe Book

Offers advice on exercise and diet for women who want to lose weight and improve their fitness levels, and recommends exercise routines and recipes.

Unlock your athletic potential and get into the best shape of your life with Krista Stryker's HIIT and bodyweight workouts—all of which can be done in just minutes a day! If you've ever thought you couldn't get results without spending hours in the gym, that you'd never be able to do a pull-up, or that it's too late to get in your best shape ever, The 12-Minute Athlete will change your mind, your body, and your life. Get serious results with high-intensity interval training (HIIT) workouts that can be done in just minutes a day. Give up the excuses and learn to use your own bodyweight and a few basic pieces of portable equipment for short, incredibly effective workouts. Reset your mindset, bust through mental blocks, and set meaningful goals you'll actually accomplish. You can finally ditch the dieting and enjoy food as fuel with simple eating guidelines to the 80/20 rule. In The 12-Minute Athlete you'll also find: –A guide to basic calisthenics and bodyweight exercises for any fitness level –Progressive exercises to achieve seemingly "impossible" feats like pistol squats, one-arm push-ups, pull-ups, and handstands –More than a dozen simple and healthy recipes that will fuel your workouts –Two 8-week workout plans for getting fitter, faster, and stronger –Bonus Tabata workouts –And so much more! The 12-Minute Athlete is for men and women, ex-athletes and new athletes, experienced athletes and "non-athletes"—for anyone who has a body and wants to get stronger and start living their healthiest life.

Revolutionise the way you approach fitness with yoga expert and celebrity trainer Shona Vertue - in just 28 days! 'Shona changed my perspective on yoga. Working with her made my aches and pains after playing disappear. She is the best.' - David Beckham Are you someone who has tried every fitness class out there, but nothing has ever really stuck? Or perhaps you can run a 10k but can barely touch your toes? Heard lifting weights is good, but feel lost in the gym? Keen to calm your racing mind and get the focus you need to train? Shona Vertue's 28-day reset plan will revolutionise the way you approach fitness. Her groundbreaking three-in-one method features a blend of resistance training with weights to build strength, yoga to aid flexibility and lengthen muscles, and a positive, mindful approach to exercise, combined with delicious, nourishing recipes. Get in the best shape of your life, both physically and mentally, and feel stronger, healthier and more flexible - in just 28 days. Features photos of every exercise, complete with food plan and nutritious, energising recipes.

Do What Feels Good

From Fire to Ice—Crossing Antarctica Alone

Inches Off! Your Tummy

The Vertue Method

21 Days to a Foam Roller Physique

The Bikini Body Motivation & Habits Guide

100 No-Equipment Workouts Vol. 3: Easy to Follow Home Workout Routines with Visual Guides for All Fitness Levels

The Ultimate Guide to Dropshipping is a complete guide on how to create and run a successful dropshipping business. "This is by far the best book on dropshipping available. You will will learn everything you need to know about finding a product, setting up an online store and growing your business." (Sean Work, Director of Marketing, KISSmetrics) "Andrew and Mark have written a comprehensive, no-BS guide to dropshipping. Essential reading for anyone considering this type of retail." (Chandra Clark, Founder & President, Scribendi) "These guys distill everything you need to know about dropshipping. It's a must read if you want practical advice and a clear blueprint to help you grow your business." (Valerie Khoo, National Director, Australian Writers' Centre) "Holy jeez - I wish these guys had written this 7 years ago.... I can say that the advice in this book is spot on."

Three-time Dancing with the Stars' champion Kym Johnson shows you how to lose weight, get fit, and live an irresistible life. In conjunction with the launch of her personal fitness and lifestyle brand, Kym Johnson shares her life lessons, nutrition and exercise plans, and entertainment style through anecdotes, recipes, and contributions from her celebrity dance partners and life lessons learned from her mother. With Kym's 5-6-7-8 plan you will: lose belly fat, firm thighs, shrink cellulite, fuel your libido, boost your mood, restore your sleep, and dance the night away for life!

From the New York Times bestselling author of The Impossible First, a compelling blend of riveting adventure stories and hard-won wisdom that teaches us how to overcome our limiting beliefs and embark on a transformative one-day journey that will unlock our best lives. Millions of people dream of living a more fulfilling life, yet many settle for a life of comfortable complacency, allowing excuses and negative thoughts to invade their minds. I don't have enough time...I don't have enough money...I'm afraid to fail...I don't have what it takes—we allow these limiting beliefs to control us. Now comes The 12-Hour Walk, which provides the inspiration—and catalyst—for getting unstuck and realizing your full potential. Featuring life lessons from explorer, endurance athlete, and entrepreneur Colin O’Brady—whose adventures in such extreme places as Antarctica and the perilous Drake Passage and on the peaks of Mount Everest and K2 have seen him establish ten world records—this book’s vivid narrative and powerful insight will show you how you can embark on your own life-changing journey. With Colin as your guide, The 12-Hour Walk asks you to invest one day in yourself. The goal? Conquering your mind and becoming your best self. By walking alone, unplugging, listening to the voice within, and rewriting the limiting beliefs etched into your psyche, you can break free of the patterns holding you back and learn how to cultivate a “Possible Mindset”—an empowered way of thinking that unlocks a life of limitless possibilities. The reward: being the hero of your own destiny.

A Hands-On Approach to Electrical Design Electrical Design of Commercial and Industrial Buildings teaches students the critical components of electrical design through an integrated approach that combines fundamental theory with hands-on practice. By taking an applied-learning approach to instruction, this text explains electrical principles, design criteria, codes, and other key elements of the design process, then guides students through each step as they create their own electrical design plans. A companion Student Resource CD-ROM accompanies the printed textbook with sample plans - accompanied by example equipment lists, lighting fixture schedules, and calculation templates - provides students with a comprehensive framework for experiential learning. As an integrated learning tool, Electrical Design of Commercial and Industrial Buildings is both an essential teaching guide for electrical design instructors and an enduring reference book for students and professionals.

Cassey Ho, internationally renowned fitness instructor, is known for her irresistibly popular workout videos which have been shared millions of times online. She runs the #1 women's fitness channel on YouTube, Blogilates. Her unique format, POP Pilates© is a fusion of ab-chiseling, butt lifting, total body sculpting exercises that are performed using only your bodyweight. Cassey's personality is bubbly, inspiring, and infectious. But don't let the smile fool you - her workouts will leave you sweating and sore for days. By following Ho's super effective workout plans and clean-eating recipes, you will transform your body towards a stronger, sleeker, and happier version of you. Hot Body Year Round is your ULTIMATE exercise and nutrition guide to living a fit, happy, and healthy life while sculpting your HOTTEST body. Cassey will show you how to stay motivated throughout the year, no matter what the challenges are. You will get: - 120 of Cassey's BEST total body transforming exercises - The complete POP Pilates exercise library - fully photographed and easy to follow - 20 full length workouts - 40 brand new, ridiculously delicious & nutritious recipes - Foods for beautiful hair, skin, and nails - 4 complete clean eating meal plans & grocery lists that complement each season - Cassey's personal daily meal plan - Motivational tips to stay inspired year-round - 256 pages of full color, glossy inspiration 1,500 Stretches

The Big Book of Plant-Based Baby Food

The Super-Simple 5-Minute Plan to Firm Up Flab & Sculpt a Flat Belly

Electrical Design of Commercial and Industrial Buildings

A Woman's Guide to Building a Better Butt and Body

BodyBoss Tone & Nutrition Bundle

Burn Fat and Build Muscle with the Only Program That Uses Weight Training for Fat Loss

"Hannah Bronfman is challenging us all to rethink our default standards of beauty and definitions of ‘healthy’ —and I, for one, couldn’t be happier to hear this from another woman of color in the wellness community. Do What Feels Good is a practical, inspirational, and beautiful guidebook to feeling good in your own skin.” --Gabrielle Union, actress and bestselling author of We’re Going to Need More Wine As a food lover, beauty product addict, exercise junkie, and wellness entrepreneur, Hannah Bronfman practically radiates confidence and health. But she'll be the first one to admit that the road to wellness and self-acceptance hasn’t been easy. As a woman of color who grew up watching a close family member struggle with an eating disorder, Hannah’s had to forge her own path and create her own standards of beauty. And what she’s learned is this: Healthy is beautiful. And healthy should feel good. In Do What Feels Good, Hannah offers real talk about getting in touch with your body’s needs, baring her soul and sharing her story along the way. Hannah provides insight on everything from gut health to nutrition to fitness to skincare, sharing insight from top experts on how to understand your body’s unique chemistry so that you can fuel it with more of the things that feel good and less of the things that don’t. And since delicious food is one of the things that makes everyone feel good, Hannah shares more than 50 of her favorite recipes for healthy hedonism (desserts and cocktails included!). Enlightening, empowering, and educational, this is an approach to wellness that is holistic, hedonistic, and real. Because self-care should not feel self-punishing, and every body deserves to feel good.

The Official Workout Journal for the Thinner Leaner Stronger Program Is this a workout book that can give you a lean and toned “Hollywood babe body” in 30 days flat? No. Is it a bodybuilding book full of dubious diet and exercise “hacks” and “shortcuts” for gaining lean muscle and melting belly fat faster than a sneeze? Absolutely not. But is it an exercise book that’ll show you exactly how to eat and train to lose up to 35 pounds of fat (or more) and gain eye-catching amounts of muscle definition and strength? Yes. And faster than you probably think possible, or your money back. The Year One Challenge for Women is a workout journal companion to the bestselling fitness book for women, Thinner Leaner Stronger. This workout book contains a full year’s worth of Thinner Leaner Stronger workouts for getting lean, sexy curves and muscle definition in all of the right places on your body . . . in only 3-to-5 hours of resistance training per week. This workout journal also provides you with a comprehensive Thinner Leaner Stronger “cheatsheet” that lists and demonstrates all exercises in the program, and explains how to choose the right routine for you, how to progress in your workouts, how to make exercise substitutions, and more. It’s backed by a “No Return Necessary” money-back guarantee, too, that works like this: if you’re unsatisfied with this workout journal or program for any reason, let the author know, and you’ll get a full refund on the spot. So, imagine . . . just 12 weeks from now . . . looking at the changes in your physique and thinking, "I did that. That's awesome. I'm awesome." And believing it. The bottom line is you can get that beautiful “beach-ready” body without doing exhausting strength training workouts you hate. And this exercise book shows you how. Get your copy now, and start your journey to a fitter, leaner, and stronger you.

Colin O’Brady’s awe-inspiring, New York Times bestselling memoir recounting his recovery from a tragic accident and his record-setting 932-mile solo crossing of Antarctica is a “jaw-dropping tale of passion and perseverance” (Angela Duckworth, New York Times bestselling author of Grit). Prior to December 2018, no individual had ever crossed the landmass of Antarctica alone, without support and completely human powered. Yet, Colin O’Brady was determined to do just that, even if, ten years earlier, there was doubt that he’d ever walk again normally. From the depths of a tragic accident, he fought his way back. In a quest to unlock his potential and discover what was possible, he went on to set three mountaineering world records before turning to this historic Antarctic challenge. O’Brady’s pursuit of a goal that had eluded many others was made even more intense by a head-to-head battle that emerged with British polar explorer Captain Louis Rudd—also striving to be “the first.” Enduring Antarctica’s sub-zero temperatures and pulling a sled that initially weighed 375 pounds—in complete isolation and through a succession of whiteouts, storms, and a series of near disasters—O’Brady persevered. Alone with his thoughts for nearly two months in the vastness of the frozen continent—gripped by fear and doubt—he reflected on his past, seeking courage and inspiration in the relationships and experiences that had shaped his life. “Incredibly engaging and well-written” (The Wall Street Journal)—and set against the backdrop of some of the most extreme environments on earth, from Mt. Everest to Antarctica—this is “an unforgettable memoir of perseverance, survival, daring to dream big, and showing the world how to make the impossible possible” (Booklist, starred review).

This bok is essential reading for all fitness professionals, coaches and anyone who takes fitness seriously this fully comprehensive volume is the ideal resource for anyone from those looking for clear and simple guidance to health and fitness professionals looking for a detailed guide to exercise anatomy. Beginner, intermediate and advanced - whatever your sport or exercise of choice you can find your perfect routine.

Ditch the fad diets. Step away from the treadmill. There's another way to get results, and it's all about balance. Being in great shape doesn't mean depriving yourself or running your body into the ground. In STRONG, personal trainer and Instagram star Zanna Van Dijk busts these myths and reveals her no-fail formula for a powerful, lean physique and lasting health and happiness. STRONG gives you all the motivation and practical tools you need to get started on your fitness journey. Zanna's inspiring and achievable approach to eating well and training effectively features a comprehensive guide to lifting weights, detailed workout routines, sustainable nutrition tips and simple principles of health and wellness. After you've worked up a sweat, her mouthwatering, easy recipes prove that nourishing food isn't just fuel - it can be absolutely delicious and bursting with flavour too. Make your body STRONG. Move it. Nourish it. Thrive.

Yoga Girl

Tone It Up: Balanced and Beautiful

101 Fat-Burning Workouts & Diet Strategies for Women

The Ultimate Workout Log

Simple Tools and Practices for Everyday Calm & Strength

100 Healthy Recipes + Expert Advice for Better Living

5G NR: The Next Generation Wireless Access Technology follows the authors' highly celebrated books on 3G and 4G by providing a new level of insight into 5G NR. After an initial discussion of the background to 5G, including requirements, spectrum aspects and the standardization timeline, all technology features of the first phase of NR are described in detail. Included is a detailed description of the NR physical-layer structure and higher-layer protocols, RF and spectrum aspects and co-existence and interworking with LTE. The book provides a good understanding of NR and the different NR technology components, giving insight into why a certain solution was selected. Content includes: Key radio-related requirements of NR, design principles, technical features Details of basic NR transmission structure, showing where it has been inherited from LTE and where it deviates from it, and the reasons why NR Multi-antenna transmission functionality Detailed description of the signals and functionality of the initial NR access, including signals for synchronization and system information, random access and paging LTE/NR co-existence in the same spectrum, the benefits of their interworking as one system The different aspects of mobility in NR RF requirements for NR will be described both for BS and UE, both for the legacy bands and for the new mm-wave bands Gives a concise and accessible explanation of the underlying technology and standards for 5G NR radio-access technology Provides detailed description of the NR physical-layer structure and higher-layer protocols, RF and spectrum aspects and co-existence and interworking with LTE Gives insight not only into the details of the NR specification but also an understanding of why certain solutions look like they do

Find connection, calm and happiness. Yoga Happy is an essential companion to help you through life, whether you’re a complete yoga beginner or wanting to deepen your home practice. In this beautiful, full-colour book you will find everything you need to build your inner strength and resilience, and help you find calm, happiness and the resilience to navigate the modern world. Written by yoga and meditation teacher Hannah Barrett, who has helped hundreds of thousands of people both online and through her workshops and classes, Yoga Happy encourages you to incorporate key disciplines, thoughts and actions into your everyday life. No matter how little time or space you have, Hannah shows how you can find your energy, reduce stress at home or at work, get a good night’s sleep and learn to cope better with whatever life throws at you. This inspiring handbook will also guide you through short, illustrated yoga sequences adapted for all abilities, plus give you breathing techniques, meditations and other proven mindful practices that will help to nourish and support your mind and body.

Karena Dawn and Katrina Scott, the founders of the Tone It Up fitness and health brand, have taken the world by storm with their fun, energetic, girlfriend-to-girlfriend approach to getting fit. In their Tone It Up book, the girls' genuine, relatable philosophy is boiled down to a 28-day program that incorporates fitness routines, nutritional advice, and mental and spiritual practices to transform readers' bodies, attitudes, and lives. Dawn and Scott take a holistic approach to fitness, including the same principles in their book that make their brand so popular--a sense of community, empowerment, and lightheartedness in every healthy, feel-good technique they recommend. Dawn and Scott will help readers get:
• FIT. With daily fitness challenges, workout plans, healthy-eating tips, and delicious recipes, readers will be on their way to the strong, sexy body they're after.
• FIERCE. Dawn and Scott will empower readers to be their best self-motivators by aligning their minds and bodies with their intentions through visualization exercises, daily meditations, confidence-boosting tips, and dares to move outside their comfort zones.
• FABULOUS. This is the fun stuff: beauty, sparkle, friendship, inspiration, joy, and all the things that give readers that unmistakable glow so they radiate from the inside out!

1,500 Stretches--the follow-up book to the New York Times bestseller 2,100 Asanas--compiles all stretching poses in one place, organized by body part, with stunning photographs, easy-to-follow steps, and the health benefits of each pose. Does your lower back ache from sitting all day? Can you barely walk after your cycling class? Do you stretch your back and feel only more tension? Stretching is vital for chronic pain, building muscle tone, and full movement. 1,500 Stretches has the complete collection of stretches organized by body part--back, calf, hamstrings, chest and many more. They are demonstrated in beautiful full-color photographs. The steps are easy to follow and explain what muscle groups are targeted and its benefits for pain relief and physical appearance. There are additional chapters on yoga and partner stretches and the importance of stretching correctly.1,500 Stretches celebrates the beauty of the body through photography, while providing practical advice to feel and look better.

Enjoy the benefits of a lower-carb lifestyle on your own terms—including a better keto diet: This is Atkins® your way. For more than forty years, Atkins has used proven scientific research to help millions achieve weight-loss goals and improve their health by controlling carbohydrate consumption. Dr. Atkins actually introduced the concept of “ketosis” to the general public in 1972 in his first book, Dr. Atkins’ Diet Revolution. With this book, you too can live a low-carb and low-sugar lifestyle that’s as flexible as it is inspiring. A BETTER KETO DIET AND SO MUCH MORE: This all-new Atkins guidebook focuses on eating right—not less—for painless weight management and better overall health. Choose the program that works for you: Atkins’ classic approach (Atkins 20®), a better keto diet (Atkins 40®), or small changes that lead to big results (Atkins 100™). 100 DELICIOUS WHOLE-FOOD RECIPES: Not only are the recipes in this book low in carbs and sugar, they contain a healthy balance of proteins and healthy fats, and they are nutrient-dense. MEAL PLANS TO HELP YOU ACHIEVE YOUR GOALS: Six full weeks of meal plans packed with variety, these healthy takes on classic comfort foods offer simple solutions for eating the foods we love in a healthier way. Plus, learn about the Hidden Sugar Effect and how to avoid it, and read real-life tips for creating a low-carb kitchen and for setting achievable goals. You’ll see how easy it is to eat right—not less—to reach your weight-management goals and achieve optimal health.

Atkins: Eat Right, Not Less

Over 80 Exercises and 40 Recipes For Achieving A Fit, Healthy and Balanced Body

The 12-Hour Walk

United Nations Sustainable Development Goals Teachers' Resource Book

5G NR: The Next Generation Wireless Access Technology

Strong Curves

Includes BodyBoss Tone and Superfood Nutrition Guide

Self-taught cook and food blogger Leah Itsines is happiest when she's preparing delicious food for the people she loves. She's on a mission to help others make healthy eating an easy lifestyle choice by promoting creativity and condence in the kitchen. With over 100 colourful recipes that are close to Leah's heart, The Nourishing Cook will inspire you to have a go and learn for yourself just how effortless it is to create nutritious meals that everyone will want to eat. You'll discover:
* A clear approach to nutrition for every meal.
* How to love making simple, yummy food by going back to cooking basics.
* Leah's tips for food shopping, setting up her kitchen and her all-time favourite staples.
* How to boost your energy and reset your body with her ?ve tailored 'days on a plate'.
Leah's passion for healthy, wholesome food shines through on every page, and the key ingredient here is balance - if you enjoy a varied diet that is flexible and full of wholefoods, you needn't deprive yourself of anything! This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

Use the power of motivation and good habits to become fitter, healthier and stronger, for life! Bikini Body Guides (BBG) co-creator Kayla Itsines, named the world's number one fitness influencer by Forbes, shows you how to harness the power of motivation and build good habits around health and fitness. Drawing on more than 40,000 survey responses from her global online community, as well as extensive research and her experience as a trainer, Kayla addresses what stops us from following through on our health and fitness goals. In her second book, The Bikini Body Motivation & Habits Guide, Kayla explores how you can overcome those obstacles, set goals and stick to a long-term plan for better health. Inside, you'll find helpful checklists and templates, a 28-day meal plan, more than 200 simple and delicious recipes, shopping lists and a downloadable 28-day workout poster. Let global fitness phenomenon Kayla show you how YOU can stick to a plan for long-term health. "In this book, I give you the keys to achieving your goals and show you how to use motivation to create healthy habits that will stick." This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

'[An] evocative tale of identity, friendship and unexpected love' Mail on Sunday 'Marks Okoh as an exciting new voice in contemporary fiction.' AnOther magazine 'A brilliant read' Closer After a bad break up, 25-year-old Osayuki Isahosa leaves behind everything she holds dear in London to return to Lagos, Nigeria: a country she hasn't set foot in for many years. Drawn by the transformations happening in the fashion industry in the city, she accepts a job at House of Martha as their Head of PR. While waiting at Milan airport for her connecting flight to Lagos she meets Cynthia Okoye and Kian Bajo. Cynthia Okoye is a 21-year-old recent graduate whose

