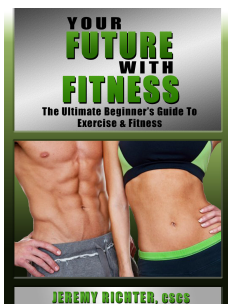


# HEPCHICK.COM Ebook and Manual Reference

## YOUR FUTURE WITH FITNESS EBOOKS 2019



Author: Jeremy Richter CSCS

Release Date: Expected @@expectedReleaseDate@@

Your Future with Fitness was designed specifically for the beginner. If you've ever been self-conscious about getting started with your training, this is the book you've been looking for. No longer will you feel uncomfortable entering the gym and no longer will you wonder if you're doing things the right way.

Your Future with Fitness is written in an easy-to-read manner and is very straight forward. Using the book as a resource, YOU will be able to understand how to workout effectively. YOU will be able to adapt workouts as needed. YOU will be the best YOU can be. From now on, fitness will be a part of YOU.

Topics include:

- Cardio - resistance training (with body weight, machines, and free weights)
- Stretching
- Myths of working out
- And much more

About the Author

Jeremy Richter is a Certified Strength and Conditioning Specialist (CSCS) with a Bachelor's degree in Kinesiology with an Exercise Science concentration, and a Master's Degree is in Kinesiology with a Sport Psychology concentration. He is a former Exercise and Wellness supervisor, managing more than 20 personal trainers and group exercise instructors, and is now the Fitness and Program Director of a Medically Supervised Weight Loss Program. Jeremy is also a power lifter, runner, and cross trainer.

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