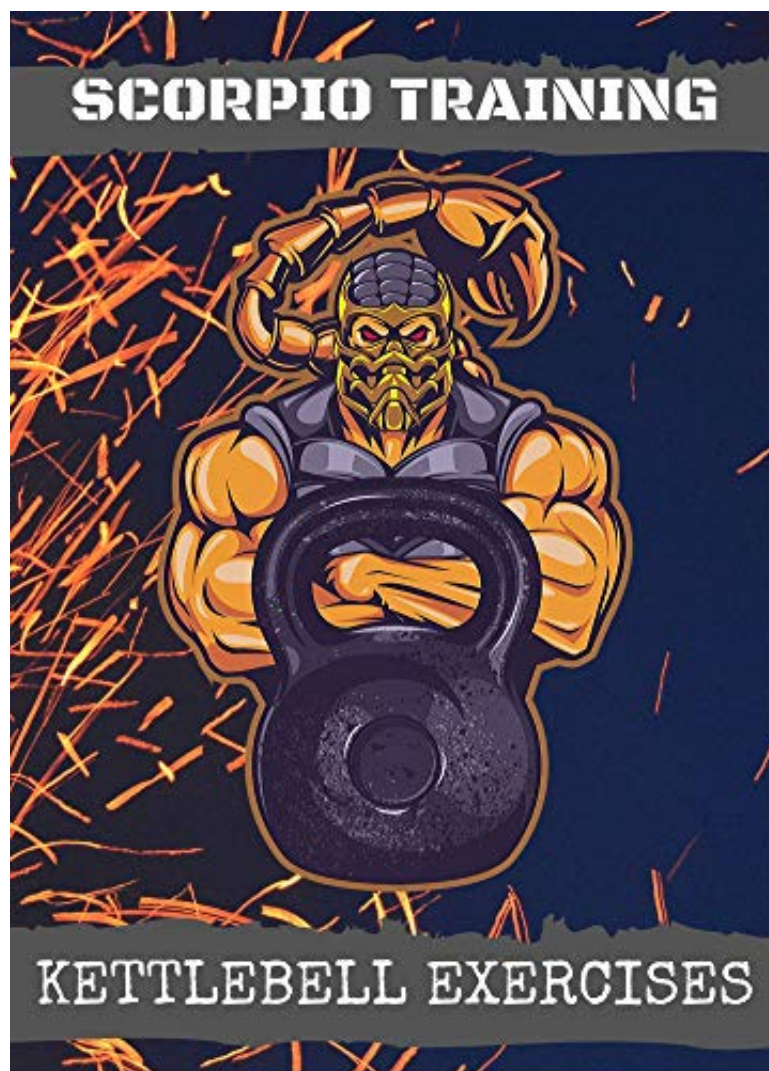


Scorpio Training: Kettlebell Exercises: The Complete Guide to Lose Weight & Build Muscle (The Way of The Scorpio Book 1)

by

MM EUROBOOKS



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Synopsis

Scorpio Training: Kettlebell Exercises Complete Kettlebell Workout Guide with Exercises Instructions, Tips and Pictures, Warm Up Plan and Full Body Workout! Why kettlebell? This universal tool will help you to exercise each major muscle groups like arms, chest, abs, legs, back. The outcome of the training session is all up to you so, it can be muscle building, strengthening your core, burning calories, improving your balance, boosting your energy and much more! What YOU get: TRAINING TIPS WARM UP PLAN FULL BODY WORKOUT SIMPLE AND CLEAR INSTRUCTIONS 65 EXERCISES EACH MUSCLE GROUPS SIMPLE HOME EXERCISES 140 PICTURES! Get your now and keep your body and condition in shape! Remember if you don't move forward, you move backward!

Sort review

From the Back Cover Taste the salt spray. Watch the green water swirling down your leeward deck. Hear the cries of seabirds skimming wave tops thousands of miles from land. To dip into the pages of The Hal Roth Seafaring Trilogy is to throw open the doors and windows of your imagination on a vast, wild seascape, where any adventure is possible. Hal Roth is the Homer of our generation, a wandering storyteller who for years has sailed distant oceans in small boats. The tales he brings back are all the more incredible because they are true, and three of his all-time classics are gathered here, for the first time, between one set of covers. A journalist before he was a voyager, Roth combines a journalist's powers of observation and flinty realism with the poetic insights of a long-distance sailor and a graceful phrasing all his own. His utterly distinctive voice can be confused with no other nautical storyteller. He hides vast stores of seagoing knowledge in simple descriptions. Sailors are advised to read each story twice: first for the pleasure of a great adventure, then for a wealth of insights on overcoming adversity at sea. In *Two on a Big Ocean*, we accompany Hal and his wife, Margaret, on their first major sea trek from San Francisco to Japan by way of the South Pacific islands, and back via the Aleutians, Alaska, and Canada. Hal's flowing narrative and vivid photographs reveal the many ways in which this dream passage became a voyage of discovery. The two sailors learned to cope with everything from equipping their 35-foot sloop *Whisper* for a voyage of nineteen months to the perils of scalpel-sharp coral reefs and opaque fog. Roth's gritty, authentic narrative underscores his singular ability to explore the quintessential aspects of the human condition as revealed in a small boat at sea. Not content with surviving and thriving through 19,000 unpredictable miles at sea, Hal and Margaret decided to test their mettle against the most daunting stretch of water any sailor can face. *Two Against Cape Horn* tells two stories: a delightful tale of the couple's pioneering cruise down the Chilean coast, followed by a harrowing account of turmoil, shipwreck, and recovery in savage, storm-tossed seas. In *The Longest Race*, Hal delivers a taut, crisply written account of the greatest sea adventure ever undertaken: the first solo, nonstop

race around the world in small sailboats. Of the nine men who undertook the challenge, only one would finish; all the others would drop out—or worse. Drawing from the sailors' firsthand accounts and his own understanding gained as a contestant in two later round-the-world solo races, Hal zeroes in on the essence of this competition: the ability to withstand a barrage of physical, mental, and emotional rigors over hundreds of days alone at sea. Here are three classic tales of crossing huge oceans in small boats, three irresistible invitations to escape a winter night or a fogbound anchorage for the wild heart of a distant sea. Hal Roth and his wife, Margaret, have crossed all of the world's oceans and sailed to a thousand foreign ports. Hal has also raced twice around the world single-handed in the BOC Challenges of 1986-87 and 1990-91. A magazine writer and photographer (over 400 articles), Hal has written eight books about his adventures and two how-to books, including *How to Sail Around the World*, also available from International Marine. Big adventures on the high seas—from one of the greatest seafaring writers of our age Hal Roth's vivid, authentic tales of the sea have riveted readers around the world for forty years. Here, in one volume, are three of his classic sea stories, each one a white-knuckled, rail-down voyage into the unknown. A hard-working San Francisco husband and wife abandon their jobs, their security, and, some would say, their sanity to sail their 35-foot sloop to Japan and back—the long way! Over the next—This text refers to an out of print or unavailable edition of this title. About the Author Hal Roth left his career as a journalist and editor more than thirty-five years ago and, with his wife, Margaret, went sailing. Since then, they have crossed all the oceans of the world and sailed to a thousand foreign ports and anchorages. Hal also raced twice around the world singlehanded, in the BOC Challenges of 1986-87 and 1990-91. He has accumulated 200,000 voyaging miles and has sailed to the Aleutian Islands, Japan, the North American West Coast, throughout the South Pacific, around South America, the Caribbean, the U.S. East Coast, Newfoundland, Labrador, and the Indian Ocean, Red Sea, and Mediterranean. He has crossed the Pacific five times and the Atlantic eleven times and has rounded Cape Horn three times. A graceful writer and accomplished photographer, Hal has written eight books about his adventures and one how-to book, *After 50,000 Miles*, which has sold more than 60,000 copies in its various editions. *Two Against Cape Horn*, *Two on a Big Ocean*, and *Always a Distant Anchorage* rank among the true classics of voyaging literature. He is one of the world's half dozen most accomplished sailing writers. HOMETOWN: St. Michaels, MD --This text refers to an out of print or unavailable edition of this title.

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Cliente Ebook Tops, "Excellent guide for kettlebell use. Excellent guide, very helpful."

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