



## Hotel Fitness: Workouts for the Road Warrior

By MR John Stefansson

Createspace, United States, 2015. Paperback. Book Condition: New. 198 x 129 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Stop me if you ve heard this before. You want to get in shape. You are on vacation. You go to the gym at the hotel. The gym is more like an expanded closet with a rundown treadmill. You decide it isn t worth it and go to bed. You wake up thinking it s impossible to get in shape while traveling. You want to know a secret? Getting in shape is simple, if you know what to do. My name is John Stefansson and I m here to forge you into the person you have always wanted to be. Forget excuses. Forget ineffective workouts. This is the real deal. My first job out of college I was on a constant rotation traveling around the country as an engineer for an aerospace-defense corporation. Busy? You bet. I needed a quick, effective way to get active using the things I had at my hotel. Don t make the same mistake I did. Do not go into it without a plan. You need a plan the same way a building...

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