

Best Home Workout Program Videos

The Home Office Warrior Workout

THE HOME OFFICE WARRIOR WORKOUT



This 7 Video Series Will
Give You a Week's Worth
Of Killer Home Office
Workouts

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Dear Warrior, As a full time business owner, I spend a LOT of hours in front of my laptop producing content and on skype calls with clients. Sometimes, business takes priority over the gym and I have to admit, it has been difficult to keep my workout routine going as an entrepreneur. Thankfully, I have some great friends in the fitness industry who happen to run a popular health and fitness video blog. I approached them originally for some friendly advice on how to stay fit while working long hours in my home office. They gave me a few amazing routines that I have been using on a regular basis with

excellent results. So I decided that more people need to know about this. Introducing: The Home Office Warrior Workout is a dynamic, 7 day workout video series showing you a wide range of exercises that you can do from the comfort of your own home. Get an entire full body workout designed by a popular personal trainer who has worked with hundreds of people to design healthier bodies and lifestyles. Here is a demo reel of the workout series: This package includes the following components: 7 VIDEOS: Day 1 Workout.mp4 - 292MB Day 2 Workout.mp4 - 320MB Day 3 Workout.mp4 - 288MB Day 4 Workout.mp4 - 288MB Day 5 Workout.mp4 - 362MB Day 6 Workout.mp4 - 255MB Day 7 Workout.mp4 - 486MB 7 WORKOUTS - INSTRUCTIONAL MANUAL - High Quality PDF version Buy Now!

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