



# The Complete Guide to Outdoor Workouts (Complete Guides)

*Matt Lawrence*

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**The Complete Guide to Outdoor Workouts (Complete Guides)** Matt Lawrence

The Complete Guide series is designed for the fitness professional, coach, fitness enthusiast and student, packed with ready-made training programmes, tips and strategies.

Outdoor exercise is not only a cheaper alternative to the gym but it also offers immense scope and variety in terms of the activities you can do. Within the tried and trusted Complete Guides format comes this definitive guide focusing on functional training exercises in the great outdoors. Covering physiology and core training principles as a starting point, this book includes different workouts for different environments - park, beach, back garden, and covers the use of a variety of popular equipment - from ViPRs to kettlebells.

Packed with colour photography, clearly illustrated exercises and the latest training programmes tailored to different outdoor pursuits, *The Complete Guide to Outdoor Workouts* is the ultimate how-to guide for any fitness enthusiast who wants to get out there and make the most of the outdoors!



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