



**Pete
McCall**

SMARTER WORKOUTS

*The science of exercise
made simple*

Foreword by Kira Stokes

SMARTER WORKOUTS

THE SCIENCE OF EXERCISE MADE SIMPLE

Pete McCall, CSCS



HUMAN KINETICS

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"Pete has been an industry influencer, a respected partner, and a trusted friend for more than a decade. He has a great ability to distill complex concepts into simple, bite-sized morsels for his clients, and he does just that in Smarter Workouts. If Pete is doing it, you know it's going to be great."

Randy Hetrick

Founder and CEO of TRX

"In Smarter Workouts: The Science of Exercise Made Simple, Pete McCall, a fitness industry veteran of over 20 years, provides a straightforward roadmap to help individuals safely experience the joys and innumerable benefits of a physically active lifestyle. Clearly written and well-illustrated, this book is a must read."

Cedric X. Bryant, PhD, FACSM

President and Chief Science Officer of American Council on Exercise

"Exercise doesn't have to be hard to figure out. Pete McCall teaches you to train smarter, not harder."

Amy Dixon

Director of Group Fitness Programming for Equinox

SMARTER WORKOUTS

What are the biggest obstacles to sticking to a workout plan? You don't have enough time? It costs too much? You don't have enough equipment? You don't know how to get the results you want? Now you can set those excuses aside.

Smarter Workouts gives you the solution you need with efficient and effective workout programs that use only one piece of equipment. You can work out in a short period of time without spending a lot of money on expensive equipment or gym memberships—all while targeting your personal goals.

Fitness expert Pete McCall explains the effects of exercise on your body so you can identify what will work best for *you*. He gives you access to fat-burning workouts that help you work smarter to produce real results. First, choose your target: improving mobility for better balance and coordination, strengthening your core for better functional movement, or amping up your metabolism with sweat-inducing conditioning work. Then select one of seven equipment options:

- **Bodyweight**
- **Medicine ball**
- **Sandbag**
- **Dumbbell**
- **Stability ball**
- **Resistance band**
- **Kettlebell**

Armed with a variety of exercises and organized plans, you'll flow quickly through your workouts, saving precious time and experiencing real results. Put an end to your frustration and let *Smarter Workouts* be your go-to guide for smart, effective workouts.



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