

Fit By Nature: The AdventX Twelve-Week Outdoor Fitness Program

By John Clover

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Fit By Nature: The AdventX Twelve-Week Outdoor Fitness Program By John Clover

Check out author John Colver's 8 tips to create your own outdoor workout plan.

* Detailed 12-week program applicable for all levels of fitness

* No gym or equipment needed to participate——just access to the outdoors

* Measurable milestones and easy-to-follow fitness routines to keep you on track

* Written by award-winning fitness coach and mountain guide John Colver

Forget the gym. Go outside, and not only will you get in the best shape of your life, but you might even enjoy the experience.

That's exactly what **John Colver**, the award-winning founder of Seattle-based training company AdventX, has been teaching for nearly a decade. In *Fit by Nature*, he lays out his flagship 12-week outdoor training program——a regimen that requires nothing more than outdoor space and a little inspiration.

Starting with seasonal advice, the “Daily Dozen,” his “Challenge by Choice” philosophy, and details on how to utilize the outdoors, John leads you into his exercise and lifestyle program. He also covers fitness basics such as nutrition, injury prevention, goal-setting, and gear lists. With weekly charts and day-by-day descriptions, this book will push you to a new fitness level, whether you run up your neighborhood stairs, jump over logs on a nearby trail, swim laps at your local aquatic park, or simply do stretches in your own backyard. Featured sections include a compendium of all core exercises, sport-specific circuit

training, and an AdventX On-Target Fitness Evaluation.

For daily tips and inspiration, be sure to connect with author John Colver on Facebook!

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Editorial Review

About the Author

JOHN COLVER is an athletic coach, mountain guide, and former competitive cyclist. John founded AdventX, an outdoor fitness training company, in 2003 and went on to receive *Seattle Magazine's* Best Outdoor Fitness Program, and KING-5 TV Best of Washington Personal Trainer Top 5 Award. Since that time he has personally trained more than 600 clients using the principles in *Fit By Nature*. Among his students are athletes who run anywhere from 5-kilometer to 100-mile races, compete in cycling and triathlon events, and summit major peaks; including Mount Everest.

M. NICOLE NAZZARO is a widly published sports and fitness writer who has written for *Sports Illustrated, American Track and Field* magazine, the *San Francisco Chronicle*, and others.

Users Review

From reader reviews:

Marie Williams:

Do you certainly one of people who can't read gratifying if the sentence chained in the straightway, hold on guys this particular aren't like that. This Fit By Nature: The AdventX Twelve-Week Outdoor Fitness Program book is readable by simply you who hate those perfect word style. You will find the facts here are arrange for enjoyable looking at experience without leaving even decrease the knowledge that want to supply to you. The writer of Fit By Nature: The AdventX Twelve-Week Outdoor Fitness Program content conveys prospect easily to understand by most people. The printed and e-book are not different in the information but it just different as it. So , do you nonetheless thinking Fit By Nature: The AdventX Twelve-Week Outdoor Fitness Program is not loveable to be your top checklist reading book?

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