6 OF THE BEST FITNESS BOOKS THAT CAN SERIOUSLY CHANGE YOUR LIFE

All five aspects of general fitness—cardiorespiratory endurance, muscular strength, muscular endurance, body composition, and flexibility—affect your quality of life, expand or limit your horizons.



- [ ] THE 4-HOUR BODY BY TIM FERRISS
- [ ] ADVANCED CONCEPTS OF PERSONAL TRAINING BY BRIAN D. BIAGIOLI
- [ ] STRETCH TO WIN BY ANN FREDERICK
- [ ] THE CHINA STUDY: THE MOST COMPREHENSIVE STUDY OF NUTRITION EVER CONDUCTED AND THE STARTLING IMPLICATIONS FOR DIET, WEIGHT LOSS, AND LONG-TERM HEALTH BY THOMAS CAMPBELL
- [ ] DESKBOUND: STANDING UP TO A SITTING WORLD BY KELLY STARRETT
- [ ] BORN TO RUN: A HIDDEN TRIBE, SUPERATHLETES, AND THE GREATEST RACE THE WORLD HAS NEVER SEEN BY CHRISTOPHER MCDOUGALL

Make and Share Free Checklists
checkli.com