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Kristin Granum Rosebø

## *Outdoor Exercises* *Strenght with creative training*

The best exercises for training outdoors – whether you are already active or have not done very much physical training before.

Training outdoors is super-effective and fun. Lots of variety and accessible to all. This book is for you if you love nature, whether you prefer power training, interval training or covering the miles.

Learn here how best to train outdoors – in the park, in the woods, in the mountains or by the water. Get started alone or with friends. It's about the pleasure of training and about making use of the body's own measures. There is a special chapter for you if you enjoy clocking up the miles. The possibilities are endless and Kristin gives you the best and most enjoyable exercises and specific 30-minute programmes.

Each chapter is rounded off with its own training programme which you can take a photo of on your mobile phone – handy to take out with you.

Kristin Granum Rosebø

Kristin Granum Rosebø qualified at The Norwegian School of Sports Sciences. Her company, Kreativ Trening, offers personal training, boot-camps, coaching and activity holidays. She is a qualified personal trainer and coach and has twice been nominated by The Norwegian School of Sports Sciences for the annual Personal Trainer of the Year award.



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