

The Ultimate Book On Fitness By Michael John-Charles

Effortless Fitness

London, Jan 9, 2020 (IssueWire.com) - Effortless Fitness From The Legendary Fitness Trainer Michael John-Charles

One of London's top fitness experts Michael John-Charles has just released an amazing book called Effortless Training. Michaels book shows how it is possible for anyone to achieve their fitness goals with no painful routines, equipment or being shouted at by mean trainers. Michaels system involves the user using nothing but their body weight and everyday articles that they can find in their household.

According to Michael with the advent of fitness education and wearable technology, it is now a fact that a person does not have to spend a fortune on a gym membership in order to attain a high level of fitness. Michael went on to say that many world-class athletes such as footballers and Athletes do not, in fact, use much equipment at all. Top athletes use their body weight, games and the correct diet.

Michael John-Charles has been a groundbreaking personal coach for the last 20 years as well as an award-winning dancer. Michael has also released an amazing fitness website that offers advice on getting fit as well as a host of amazing products from his fitness partners. The site can be visited by clicking on [website](#)

Further details about Michaels book can be found at his [blog](#)

Michael can also be contacted at twitter at michaeljohncharles214

xcaliburzen@gmail.com

Media Contact

Michael John-Charles

xcaliburzen@gmail.com

07773450702

Source : Michael John-Charles Coaching

[See on IssueWire](#)