



Run Your Ass Off: The Complete No-Nonsense Beginner's Guide To Running (Running for Beginners Book 1)

Kevin Hill

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Run Your Ass Off - Your Go-To Guide to Using it and Losing It

The straight-talking, no-nonsense beginner's guide to running. Features everything you need to start running towards a more active, slimmer, happier you.

It will take you from your very first steps out the door to your first 5k race and beyond, as well as give you the encouragement and necessary tools to Run Your Ass Off in both a physical and literal sense. All you need is a pair of trainers to get started.

So if you want to get fit, drop pounds, lose that ass, and see running as a means to achieve that, there are only two steps you need to take.... read this and run your ass off!

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