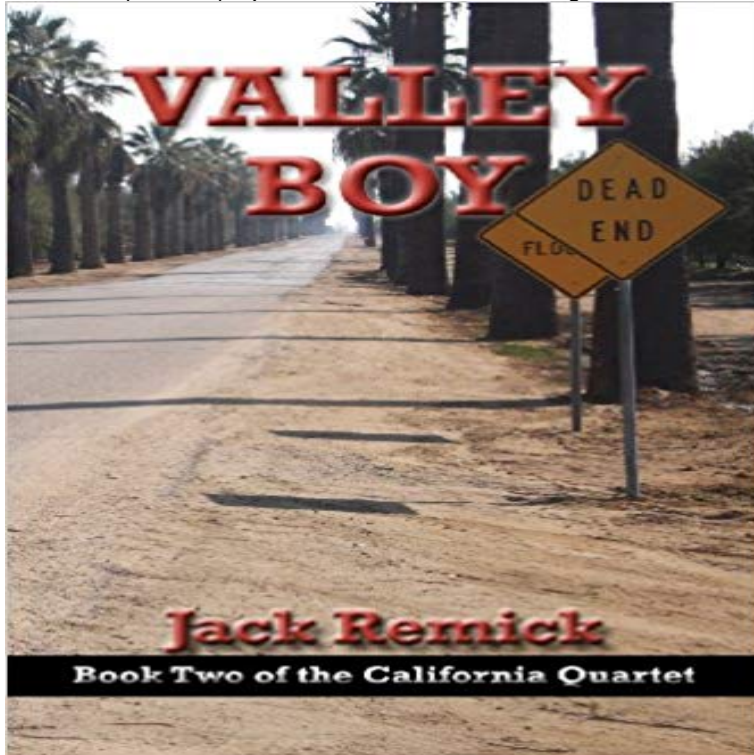


## Valley Boy (The California Quartet Book 2)



Ricky Edwards lives, works, and plays in Centerville, a small California town in the middle of the Valley. Ricky has a gift for music but hed rather fight, drink beer, chase girls, and debeak turkeys. He debeaks turkeys because he wants a Lifters Car Club jacket with red lettering on the back. He fights because his long-time pal, Linard Polk, teaches him about violence, fast cars, and gunswhich drives Teresa, Rickys hyper-religious mother, nuts. She wants Ricky to escape the legacy of his daddy, an Okie skirt chaser who abandoned the family for a honky-tonk preachers daughter gone bad. If Ricky can just get out of Centerville, maybe he can make his mark. Valley Boy is Book Two of Remicks California Quartet series.

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1. Guidance on achieving your goals
2. Instruction about fundamental nutrition, cardio and bodybuilding
3. Each week a reason to appear at the gym
4. Accountability
5. Methods to assist monitor your improvement

[What is a Program Like?](#) Each session typically lasts about an hour. The first meeting is dedicated to assessing body measurements, fitness level, health and workout background and goals. Be ready to step on the scale, have your body fat measured and answer questions that were particular about your goals. After this, you'll spend each session performing cardiovascular exercise, weight-training, flexibility or other activities depending on what your aims are. Your trainer will show you give you tips for getting the most out of each workout, enable you to determine how much weight to use and just how to do the exercises. [What to try to find In a Personal Trainer](#)

1. Education: A personal trainer should be accredited through a recognised personal training organization. The more education your trainer has, the better your workouts will be, although a workout science or other related college degree isn't crucial.
2. CPR: your coach should have an updated qualification in CPR and/or firstaid.
3. Experience: Make sure your trainer has expertise, particularly with regards to your goals. As an example, if you are a bodybuilder, you want some body educated in that area.
4. Details: If you've got a particular clinical issue, injury or illness (such as being pregnant, difficulty becoming pregnant, heart troubles, diabetes, etc.) ensure your trainer has education in these fields and communicate with your doctor.
5. A good-listener: A good trainer ensure he comprehends your aims and should listen carefully to what you say.
6. Attention: A good trainer should be targeted only during your sessions on you.
7. Monitoring improvement: A great coach will often assess your progress and alter things if necessary.

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