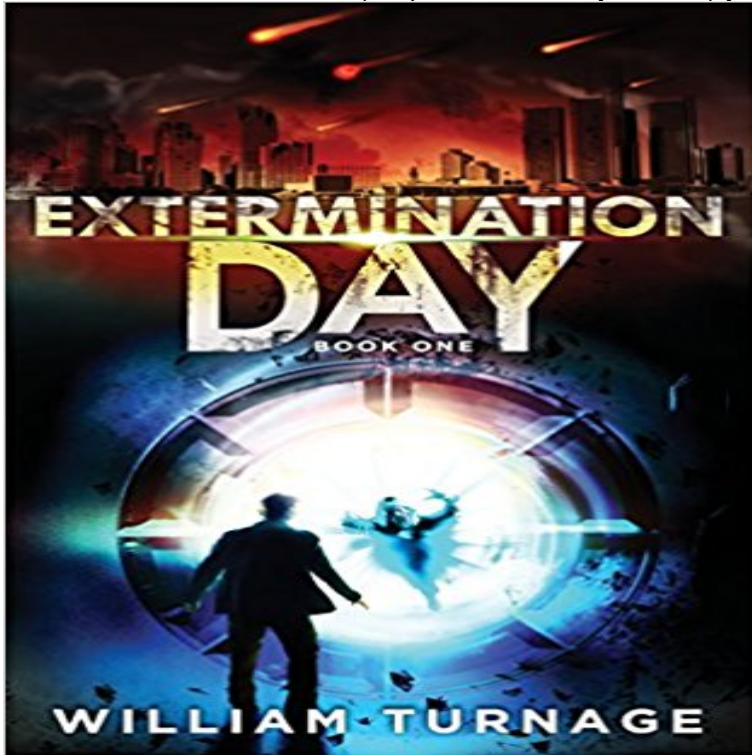


Extermination Day: (A Post Apocalyptic Thriller) (Volume 1)



AN EPIC FAST-PACED POST APOCALYPTIC THRILLER. Survivors of a deadly virus must time travel into the past and warn the world of the coming Apocalypse. A surprise meteor shower comes cascading down from the sky one winter night. Most people think its beautiful. Others fear it, as civilizations have throughout recorded history. They are right to be scared. Several hours later people start to die. It begins with a simple cold. Within an hour, a horrible cough. Finally your lungs fill with fluid and you drown in your own blood a painful, crippling death. The horrible virus spreads through the world, viciously killing everyone in its path. U.S. Congressman Jeff Madison is one of the few survivors. He and a team of scientists at the secret underground government base called Project Chronos try to figure out the truth of who is behind the attack. But the virus is only the beginning. What ensues is a desperate struggle against an overwhelming malevolent force bent on the total extermination of the human race. The survivors only hope may be to escape into the past and try to warn humanity of the impending attack in the future. But what can they do when the very air they breathe can kill them in under an hour? Time is running out, something is hunting them, and there is a traitor trying to undermine their efforts at every turn. Can Madison and his team survive this disaster and figure out who is trying to kill them, or will humanity become just another extinct species?

Skip to content Fitness & Diet Experts Exercise & Nutrition Matters! Menu Home About Us Terms and Conditions Privacy Policy Contact Us Personal Trainers & Bodybuilding Choosing a Personal Trainer (Personal Trainers & Bodybuilding) Why a trainer might be appropriate for you Selecting a personal trainer may be a step in the direction that is right if you desire to lose weight, get healthy and/or build muscle. A great coach can assist you to set up a plan that meets your aims and educate you the greatest way to exercise. Finding and selecting a trainer may be daunting a bit confusing and, for some. It is challenging going in with extra information about how fitness works can allow it to be a little simpler, although requesting assistance. (Personal Trainers) What is a Personal Trainer? A personal trainer should be, at the very least, educated and certified through a recognised fitness organization (see below). This individual's job will be to assess your level of fitness, figure out what your aims are (or help you establish targets) create a plan and keep

you motivated. She or he will push you beyond your comfort level — something tough to do by yourself. A trainer additionally provides:

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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