

The Master Next Door: An Interracial, Cuckold Erotic Romance (The Master Next Door Cuckold Series Book 1)



Lauren is cute, sexually frustrated and ready to do something about it! But her techie boyfriend isn't able to give her what she needs. So when he accepts a job and they move across the country to the Bay Area, Lauren is determined to light a fire under their lukewarm sex life, whether Casey likes it or not! Luckily her new neighbor is just what she's been looking for: big, black and beautiful! And the more she learns about the sexy bachelor, the more she's drawn to fulfill her ultimate fantasies of kinky interracial sex! Will she give in to her desires? Will she be able to pass up the chance for mind-blowing sex with the most amazing man she's ever seen? What will her boyfriend Casey think about being cuckolded by a rich, successful, alpha male? Click the Buy button to find out. But be careful! This book isn't for you if you're not a fan of hot no-holds-barred sex!!

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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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