



Beat the Gym: Personal Trainer Secrets--Without the Personal Trainer Price Tag

Tom Holland, Megan McMorris

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“Tom Holland is the supportive and informative coach, the motivational voice and the personal touch that you crave when you start any workout regimen.”

—Lucy Danziger, Editor-in-Chief, *SELF* magazine

Tom Holland was voted one of the Top 10 Trainers in America by *Women's Health* magazine and is a frequent fitness expert on TV's *Good Morning America*. In *Beat the Gym*, he provides the inside scoop on how to get the most from your gym experience and reach your peak exercise and weight loss goals—offering personal trainer secrets without the personal trainer price tag. The first book of its kind, *Beat the Gym* offers essential tips and exclusive workouts to help you save thousands of dollars and still build the body of your dreams.

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