



## Home Workouts for Men Without Equipment: Simple, Effective Training

Discover practical, equipment-free workouts designed for men who want strength, endurance, and flexibility from home. This brochure guides you through busy-day-friendly routines, progressive exercises, and motivation tips to build consistency without a gym. Enjoy clear, doable plans you can tailor to your space and fitness level, helping you stay active, energized, and focused. Start today and transform your home into a powerful personal training space, one session at a time.



**Company Name - Dad bod 40**



<https://dadbod40.com>