

## **Erin Sterns Elite Body 4 Week Fitness Trainer Training | 2efdd39aa097a9af87ca06d074469f62**

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[Erin Stern's Elite Body 4-Week Fitness Plan](#)

*Erin Stern's Elite Body 4-Week Fitness Plan by Bodybuilding.com 4 years ago 5 minutes, 14 seconds 91,199 views Erin Stern's Elite Body , Trainer will help you become leaner, stronger, and more physically fit in only four weeks. Follow Erin's plan ...*

[5 Training Tips to Build Your Best Body At Any Age](#)

*5 Training Tips to Build Your Best Body At Any Age by Erin Stern 1 year ago 7 minutes, 3 seconds 61,546 views 5 Training Tips to Build Your Best , Body , At Any Age 1). The optimal split - write down your top 3 goals and place those workouts at ...*

[30-Minute Total Body Workout | Get Lean | One Set of Dumbbells](#)

*30-Minute Total Body Workout | Get Lean | One Set of Dumbbells by Erin Stern 1 year ago 11 minutes, 34 seconds 210,155 views 30-minute total , body , workouts are great , for , : Traveling Breaking through plateaus When you're too busy to fit in a full workout ...*

[Top Fitness Mistakes | Break Plateaus and Make Progress](#)

*Top Fitness Mistakes | Break Plateaus and Make Progress by Erin Stern 4 months ago 11 minutes, 11 seconds 30,535 views Fitness programs and merch: [www.erinsterfitness.com](http://www.erinsterfitness.com) 1. Not eating enough a. If you're looking to lean down or to lose weight, ...*

[Glutes & Legs \(Full Workout w/ Commentary\) | Training Explained](#)

*Glutes & Legs (Full Workout w/ Commentary) | Training Explained by Erin Stern 2 years ago 10 minutes, 17 seconds 357,797 views Hope you guys enjoy one of my recent leg workouts. The purpose of these videos are to try and explain my thought process ...*

[Dumbbell Leg Exercises | Home Workout or Gym Workout](#)

*Dumbbell Leg Exercises | Home Workout or Gym Workout by Erin Stern 1 year ago 9 minutes, 9 seconds 453,896 views Here's a dumbbell leg workout that*

*you can do at home or at the gym! Keep in mind that with free weights, you can slow down your ...*

[\*Small Waist and Firm Booty Workout | Do-Anywhere!\*](#)

*Small Waist and Firm Booty Workout | Do-Anywhere! by Erin Stern 11 months ago 10 minutes, 18 seconds 58,393 views Small Waist and Firm Booty Workout In this workout, we'll be working on tightening the midsection and glutes! You can do this ...*

[\*Glutes and Legs Kettlebell/Dumbbell Only | Home Workout\*](#)

*Glutes and Legs Kettlebell/Dumbbell Only | Home Workout by Erin Stern 1 year ago 9 minutes, 8 seconds 174,466 views Complete Legs and Glutes Workout Kettlebell/Dumbbell Only There are times when you only have access to one piece of ...*

[\*Full Leg Workout | Train Like A Bodybuilder\*](#)

*Full Leg Workout | Train Like A Bodybuilder by Erin Stern 1 year ago 10 minutes, 11 seconds 119,512 views Full Leg Workout | Train Like A Bodybuilder This full leg workout is from my new , book , \"Train Like A Bodybuilder,\" and is the 6-Day ...*

[\*Brutal Leg Workout For Everybody | Erin Stern \u0026 Kris Gethin\*](#)

*Brutal Leg Workout For Everybody | Erin Stern \u0026 Kris Gethin by Kris Gethin 5 years ago 26 minutes 323,822 views Carve your perfect quads, hams, and glutes with this hybrid leg workout from 2x Ms. Olympia , Erin Stern , and Kris Gethin.*

[\*Erin Stern's Training \u0026 Fitness Program\*](#)

*Erin Stern's Training \u0026 Fitness Program by Bodybuilding.com 7 years ago 10 minutes, 33 seconds 219,212 views Erin Stern , is a real-life Wonder Woman. Train, eat, and supplement like this , elite , track athlete and figure phenom to build your own ...*

[\*5 Exercises For A Flat Stomach | Amazing Workout For Six Pack Abs\*](#)

*5 Exercises For A Flat Stomach | Amazing Workout For Six Pack Abs by Erin Stern 2 years ago 7 minutes, 24 seconds 202,877 views A few of my favorite ab exercises. Stay tuned till the end , for , my super secret one! Thanks , for , watching! Please subscribe ...*

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