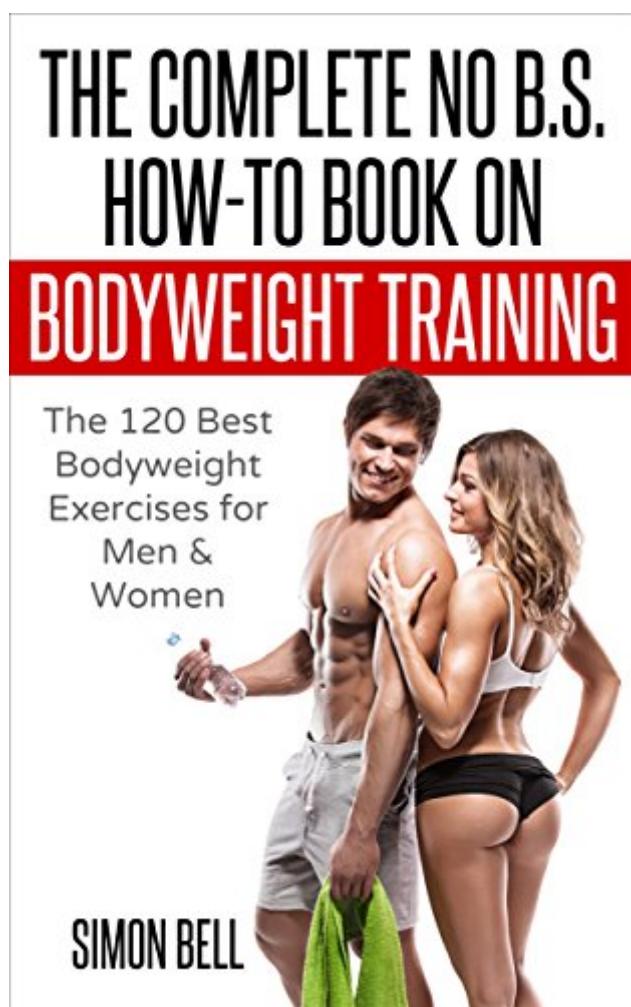


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# **The Complete No B.S. How-to Guide On Bodyweight Training: The 120 Best Bodyweight Exercises For Men & Women To Get Ripped, Lean And In-Shape At Home With No Gym**





## Synopsis

This eBook has over 100 picture demonstrations with in-depth instructions for each exercise, so that you will know how to perform every exercise with perfect form. Also, if you Buy the Paperback Version then you get the Kindle eBook Version completely FREE! **WARNING:** You may develop one or more of the following bodily features as a result of you buying this book: 1. Massive chest 2. 6-pack Abs 3. Huge Arms 4. Chiseled Legs 5. Bulging shoulders 6. Big Round Bubble Butt Now with that disclaimer out of the way, this No B.S. book contains the only 120 bodyweight exercises that you will ever need. No need for a gym membership. No need for expensive gym equipment. All you need is YOU and your own body. These are exercises that can achieve whatever muscle building or fat loss goals that you may have. Many people don't realize that they already have all the resources that they need to get lean, in-shape and just plain ripped! Saying that you can't workout or get in shape because you don't live near a gym or can't afford a gym membership is nothing but a lame excuse and a flat out lie. Your body is all that you need to be able to get that sexy summer beach body. With motivation and the right mindset (and this book) anyone can develop a great body. This book's chapters are broken down into exercises by the following muscle groups: Chest (12 exercises) Shoulders (12 exercises) Triceps (11 exercises) Back + Biceps (19 exercises) Legs (22 exercises) Glutes/Booty (15 exercises) Calves (7 exercises) Abs/Core (24 exercises) No matter how old or young, tall or short, strong or weak, skinny or fat that you are. It is NEVER too late to start working out, and what better place to start than from the comfort of your own home. Don't miss out and grab a copy of The Complete No B.S. How-to Guide on Bodyweight Training. I will see you on the inside...

## Book Information

File Size: 5154 KB

Print Length: 115 pages

Simultaneous Device Usage: Unlimited

Publication Date: July 4, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B073QXZB3Q

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #103,260 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #74

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Men's Health

#141 in Books > Health, Fitness & Dieting > Men's Health #472 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness

## **Customer Reviews**

This is really amazing guide book. I am now able to put on significant amounts of muscle. All instruction are really easy to understand. In this book there are 120 of the best bodyweight exercise that's really helpful for me. I really enjoyed this book. Suggest to all.

A short book but would be very helpful for those who are just starting or wanted to start body building. It has a complete information on the basics that any body builder should know. A must read for those who interested in body building. I've received this product for free in exchange for my honest and unbiased review.

Nice picture, practical explanations you don't want to spend to much time reading why this or why these, just put it on the move Thanks

Straight up, with photos. Not easy for all ages, but book is good for young healthy people with no ortho problems. Recommended.

I mostly do body-weight workouts. I do yoga at least twice a week, which is a form of body-weight. I do the resistance bands also. But I depend mostly on short body-weight workouts. In fact, Learn why cardio can often be one of the least efficient methods of burning calories, and how you can get a lot done in a little bit of time. With motivation and the right mindset (and this book) anyone can develop a great body. Thanks author for creating us a new very important book for all of us. Really, this book deserves so much more.

This book covers many bodyweight style exercises that don't require expensive and bulky equipment. This book demonstrates so many different types of bodyweight exercises and teaches

you with clear instructions and helpful illustrations. It breaks down the workouts into groups to target different muscle groups and parts of the body, from core, legs, hips, arms.

I normally find that commercial gyms are hard places to work out anyways, as they're home to the pushy salesman, can be intimidating, and other members might not be very welcoming. Luckily, through this useful book, you can burn fat, build muscle, and get a great workout using just your body weight. In fact, Learn why cardio can often be one of the least efficient methods of burning calories, and how you can get a lot done in a little bit of time. By doing body weight turns, where you complete one exercise right after the other without stopping, you're both building muscle and getting a cardiovascular workout.

Very well done. Straight forward exercises with good instructions, clear illustrations, and effective exercise programs. This book provides the tools to be healthy and fit on the road. What i like the most in this book is it contains 120 bodyweight exercises. I have truly enjoyed reading it and learning even more about bodyweight training

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