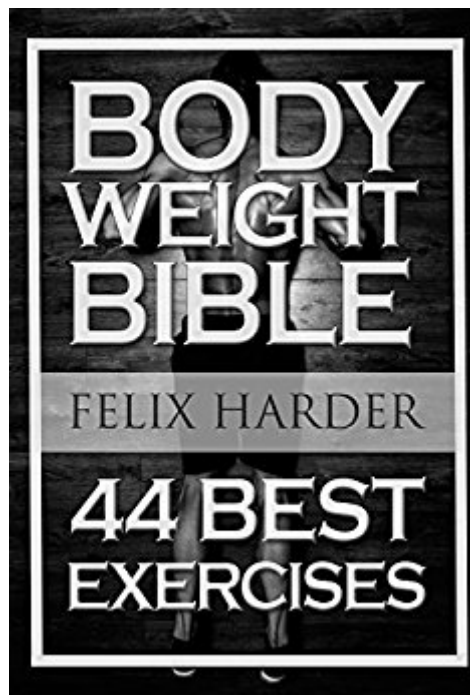




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# **Bodyweight: Bodyweight Bible: 44 Best Exercises To Add Strength And Muscle (Bodyweight Training, Bodyweight Exercises, Bodyweight Bodybuilding, Calisthenics, ... For Beginners) (Bodybuilding Series)**



## Synopsis

Want To Know What Bodyweight Exercises Are Proven To Make You Gain Muscle And Strength? Then This Book Is Perfect For You! It teaches you the 44 best bodyweight exercises for building strength and gaining muscle. Many of them are timeless and have been performed by athletes for decades. Muscle Groups Included:- Chest- Back- Legs- Arms- Shoulders/Neck- Abs The exercises are proven to work and should be part of every workout routine. Avoid simply copying friends at the gym! This usually leads to injuries and long-term joint problems. To spare yourself such issues, you need to educate yourself on how to train correctly. Each Exercise Contains:- step by step instructions on how to perform the exercise- a picture / illustration- details about the primary and secondary muscles involved- safety tips - and possible variations I promise you that if you follow the advice in this book, you will increase both strength and muscle size within a few weeks. No Fluff or Bro Science! With this guide you will build muscle faster than ever! The bottom line is you CAN get bigger and stronger with just these exercises. No need for fancy equipment or a personal trainer. **BONUS:** Along With This Guide You Get Free Access To My Video Program "Bodybuilding For Beginners" (Kindle Exclusive) Please Note: You Don't Need A Kindle to Read this e-Book. You can Download the Free Kindle Reader to Your Smartphone, Tablet or Computer. **Tags:** bodyweight training, bodyweight exercises, bodyweight bodybuilding, bodyweight strength training, bodyweight workout, bodyweight conditioning, bodyweight workouts for men, bodyweight training for women, bodyweight training for beginners, calisthenics, calisthenics for beginners, calisthenics books, calisthenics workout, calisthenics training, calisthenics how to build muscle, bodybuilding, muscle, weight training, fitness books, weight lifting, weight lifting books, muscle building, muscle growth, bodybuilding, bodybuilding nutrition, bodybuilding training, build muscle, training, weight training, bodybuilding books, bodybuilding nutrition, bodybuilding workouts, bodybuilding encyclopedia, bodybuilding for beginners

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## Customer Reviews

For someone like me who does not have the budget to go to the gym, I go to books for advice on bodybuilding and exercise programs. This book has the tips I needed. The illustrations of the exercise positions are very helpful as instructional material during the training program. I can see the effort of the author in showing the muscle groups that have to be trained though the concise descriptions as well as the pictures included.

I gifted this book to my husband. Following this book, he used to do exercise for the last one year. He says that he has benefited through this book. We all want fit body, strength and proper muscle. I think this book can help you to gain that. This book has some exercise tips. It has provided tips with pictures. If you follow it, you may gain the perfect shape of your body muscle.

There are dozens of exercises I can do to build muscle but I don't want to spend a day trying them all. I can't afford the luxury to work out for hours each day and am sure not all exercises are created equal. Some are simply more efficient than others and this is what I expect from this book. I'm not interested in looking like a bodybuilder, I'm trying to get more of a lean fitness model body. So far I think I may have found what I've been looking for.

This book is perfect for those who are into building strength and gaining muscle. It teaches a lot of different bodyweight exercises that would be very helpful especially for athletes and even for beginners. It also provides instructions and illustrations for proper execution of the exercise. In terms of bodyweights, it is important to know every single exercise properly in order to achieve the desired form. It's nice to gain ideas about these exercises through this book.

I am a runner and this time I want to spend a little time on gym to built muscles on chest and arms. I really like the book as it met my expectation and there it goes, the programs for each part you want to improved are clear stated and full of details. This is such a helpful and easy to understand book, perfect for my program.

This is comrehensively and concisely written book on strengthening and gaining muscle. Readers can expect to pick up tips and safety measures while doing the exercise. The author provides relative knowledge on every parts of the body that will be the focus on the workout. This book is certainly worth a read.

Its a Great Guide .I brought it for my brother as well as for my husband. Very good response from them. Its quite easy and effective exercises . This book teaches you the 44 best body weight exercises for building strength and gaining muscles . They told me that most of the exercises are timeless . These are the special exercise that done by athletes for decade . This book is designed for beginners who want to do body weight exercises in the proper form .

It's the best book on exercising I've ever read. The instructions are very clear and detailed. There are also decent illustrations. All groups of muscles are covered. This guide gave me the opportunity to exercise at home. If you're interested in the matter, this book is for you.

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