



Bodyweight: Bodyweight Bible: 44 Best Exercises to Add Strength and Muscle (Bodyweight Training, Bodyweight Exercises, Bodyweight Bodybuilding, Calisthenics, Calisthenics for Beginners) (Paperback)

By Felix Harder

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.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- AbsThe exercises are proven to work and should be part of every workout routine. Avoid simply copying friends at the gym! This ususally lead 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...



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Reviews

An incredibly awesome publication with perfect and lucid reasons. It can be writter in simple phrases and not confusing. I am just delighted to let you know that this is actually the very best publication i actually have study during my very own lifestyle and could be he best publication for actually.

-- **Paula Gutkowski**

It is fantastic and great. Sure, it is actually play, nonetheless an amazing and interesting literature. I realized this ebook from my dad and i recommended this pdf to find out.

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