



The Comprehensive Manual of Body Weight Exercises: Fitness Training You Can Do Anywhere from Beginner to Advanced (Paperback)

By Stephen Robson

Createspace, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Contained within this manual are a myriad of bodyweight exercises along with numerous variations to make the exercises easier or more difficult. Also included are detailed progressions on how to work up to some of the more difficult exercises illustrated in this book and with hundreds of photos it is easy to see how each exercise is performed. The exercises contained within range from simple strength builders which even the most out of shape person could perform up to advanced bodyweight exercises that would keep any athlete busy. Also included is a conditioning section which illustrates exercises that will get you in the best shape of your life. Finally, there are also sections on isometrics, basic nutrition, program design, sample workout routines and a suggested 6 week plan. Now includes the bonus book 100 Body weight circuits for strength, fitness and conditioning.



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Reviews

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.

-- Prof. Dan Windler MD

It is really an amazing publication i actually have at any time read. It is really simplistic but unexpected situations inside the 50 percent of your pdf. Its been written in an exceptionally simple way in fact it is just right after i finished reading this ebook where actually transformed me, alter the way i really believe.

-- Dr. Celestino Spinka III