



Bodyweight Training: 20 Bodyweight Exercises For Rapid Muscle Growth And Strength (WITH PICTURES) (Bodyweight Training, Bodyweight Exercises, Calisthenics)

Jonathan Bukowski

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20 Bodyweight Exercises With Images For Muscle And Strength Gains

Start Your Journey to Achieving Fitness

When on the path to get fit, there are many options that one would explore in order to achieve measurable results. These options used to revolve around getting a gym membership and a personal trainer, taking on a fad diet that promises “lost 10 pounds in 10 days” or something similar, working out at home with exercise videos or YouTube, using bodyweight training, or at the most extreme, getting plastic surgery to repair, cut out, nip in and hide away seemingly unsightly body parts.

Bodyweight Training is becoming increasing in popularity because of its many benefits, the main one being the savings that it facilitates. Bodyweight training is all about using your own bodyweight when exercising to create the necessary pressure and resistance, rather than using weights from a gym. The intention of bodyweight training is to build muscles and overall strength, and it has proven to be very effective.

The Power of Bodyweight Training

Bodyweight exercises can be used to work every muscle in the body, just as one would in a gym. In addition, anyone, regardless of their fitness level can take part in bodyweight training. As one masters the different exercises and grows in their abilities, they will then be better able to take on more challenging exercises. As bodyweight training is not affected by any external factors, it is highly sustainable. One can carry out the

exercises in the privacy of their homes, and they can pick and choose which they prefer to do based on their final fitness preference. When you do this exercise privately, you are also able to allay other social fears such as having the right gear, wondering about whispers or simply fitting in to the gym environment.

Ideally, it is difficult to overwork one part of the body while bodyweight training, as many of the exercises are interrelated and connect the entire body. Therefore, even though you may focus on only your core muscles or your leg muscles, you are sure that you will inadvertently build your entire body.

To get you started on the path of Bodyweight Training for muscle strength and growth, this book features 20 exercises that cover 5 sections of the body. If you choose to follow all the exercises in this book, you will be able to work your entire body easily.

A Small Preview of What You're About to Learn ...

- Chest and Back Bodyweight Training
- Shoulders and Arms Bodyweight Training
- Legs Bodyweight Training
- Core Bodyweight Training
- Full Body Bodyweight Training

What Others Are Saying

"If you only buy one book on strength exercises, this should be it! As long as you are disciplined and stick with it, it will change your life. Guaranteed!" - Maria Caridad Lopez

"Whether you are just starting a gym program for the first time or a seasoned professional this book is the ultimate reference guides to keep on hand. Great reference for someone just getting started and looking for visual explanation of how to perform many of the common free weight exercises." - Booklover14

"This book has been structured in a very systematic and orderly way with exercises targeting different muscle groups and training them one set at a time. Complete with pictures for illustration, I virtually cannot go wrong with the training. I'll give this a try and see what happens. Great book." -Raiden Steven

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Lois Reyna:

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Heather Roberts:

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Billy Gallardo:

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