



# **Bodyweight Training: 15 Proven & Effective Exercises to Help You Build Muscle and Burn Body Fat (Bodyweight Training, Bodyweight Exercises, Bodyweight Workout)**

*Jeff White*

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## **Bodyweight Training: 15 Proven & Effective Exercises to Help You Build Muscle and Burn Body Fat (Bodyweight Training, Bodyweight Exercises, Bodyweight Workout) Jeff White**

If you want to win the war against fat, all you really need to focus on is building lean muscle tissue, in addition to eating a healthy diet.

Adding lean muscle to your body is a great way to burn fat because a pound of muscle utilizes nearly 75 -150 calories a day.

## **In this book you will find 15 proven and effective exercises including:**

- Lower Body Resistance Exercises
- Upper Body Resistance Exercises
- Abdominal Exercises
- Yoga
- Pilates
- Suggested Number of Repetitions for Each Exercise

When you focus on **building lean muscle tissue**, the additional muscles use additional energy. The additional muscles also raise your resting metabolic rate and the amount of calories your body burns.

Several different types of exercises are reviewed in the book from lower body and upper body resistant exercises using the resistance band to abdominal exercises.

The book also reviews some wonderful Yoga and Pilates exercises, which are also good stress relievers. Commit to a regular exercise program, and try these exercises out to see what you like.

There are many resources out there if you want to explore some of these programs in more detail.

By varying your workout routine and incorporating these easy exercises into your program, you will have a formula for success. Find something you love to do, and do it with consistency, dedication, and commitment. Exercise doesn't have to be drudgery, and as a matter of fact, it can even be fun.

# Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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