



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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