



The Bodyweight Exercise Bible: Bodyweight Workout Routines for Men and Women

By Anthony Anholt

Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 147 mm. Language: English . Brand New Book ***** Print on Demand *****.Discover How The Bodyweight Training Revolution Can Transform You Into A Super Fit, Vibrant Head Turner Never underestimate the power of dreams the influence of the human spirit. Potential for greatness lives within each of us. -Wilma Rudolph Imagine right now that you have the body of your deepest desires. You are a lean machine made up of shapely, powerful muscles that ripple beneath your skin. People notice and are drawn to the health, energy and vitality you effortlessly radiate. You carry yourself with confidence and deserved pride. You re everything you want to be. Who wouldn t want to live this way? If so, why aren t you? The journey from where you are now to where you want to be may seem long but you can do it; and the quickest route there is through a system of bodyweight exercises. Why bodyweight? Think of the physiques you really admire, whether they be dancers, gymnasts, or marital artists. Think of the ancient Greek ideal as represented by Michelangelo s David. They all represent the epitome of human...

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