



## **Body Weight Exercises - Get in Shape Fast... Without a Gym! (Body For Life Series Book 4)**

*Margaret Johnstone*

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Get in the shape of your life without expensive equipment or even a gym membership!

If you want to increase your stamina and your strength, you have everything you need to do it using just your own body weight. In fact, body weight exercises are some of the most effective and healthiest exercises in existence.

In this publication, you will learn why body weight exercises are so important and how to perform them properly. You will also learn the following information in great detail...


1. Body Weight Exercises – Natural Resistance Training - This chapter introduces you to body weight exercises and why you should be doing them.
2. Benefits of Body Weight Exercises - The benefits of body weight exercises include both physical and mental improvements. It also has a positive impact on your budget... here's why!
3. Slow and steady – the Way to Massive Results - Most people that are exercising are doing it dead wrong. Get started on the right foot with this info!
4. Top 5 Body Weight Resistance Exercises - There are dozens of body weight exercises but you should include these 5 in every workout.
5. Burpees – Bodyweight Cardiovascular at Its Best - If you do a burpee properly, it will give you the strength and endurance you desire.
6. Adding to Your Bodyweight Routine - What can be added to the perfect workout routine? This chapter gives you several options you will want to consider!
7. Tabata – An Entire Workout in Four Minutes - Pack an entire workout into a few minutes with this amazing and proven routine.
8. Adding Calisthenics into Your Routine - If you aren't doing these calisthenics, you are not getting the most out of your workout.
9. Body Weight Exercises as Part of Your Gym Routine - Not ready to give up the gym? No problem! Here is how to make body weight exercises work along with your workout.
10. Eating the Right Way for Results - Do you want to get stronger and leaner? This diet will have you shredded in no time!
11. Giving Your Body the Rest It Needs - Is less really more? This chapter shows you why and how to rest for maximum results.

12. Bodyweight Exercise FAQ - Commonly asked questions about body weight exercises that will put you on the fast track to success!

And much, much more...

This publication is more than an introduction to body weight exercises, it provides you with everything you need to get the body of your dreams. The simple process is laid out for you in detail and will get you started on the very first day!

Download this book today and you can be on your way to a healthier and happier life. Tens of thousands of people are building a better body with body weight exercises. Are you ready to get started?

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