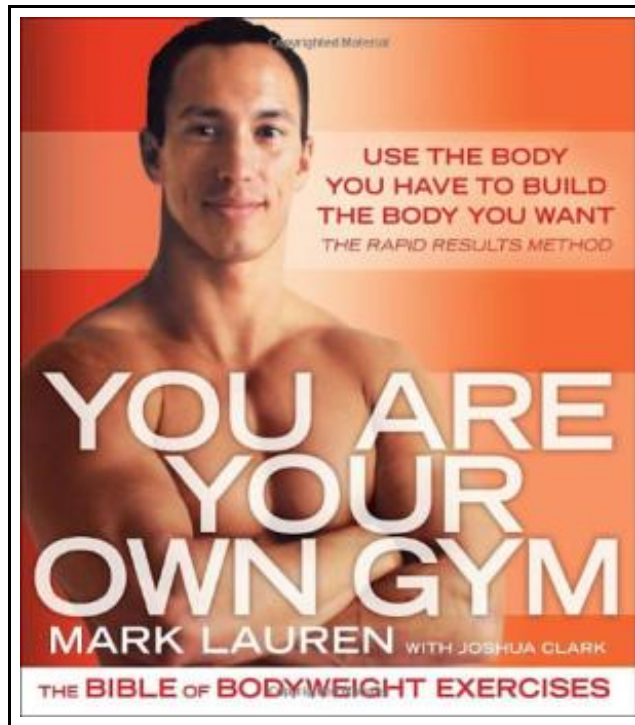


You Are Your Own Gym The Bible of Bodyweight Exercises



Filesize: 9.73 MB

Reviews

Undoubtedly, this is the greatest job by any author. It is actually filled with wisdom and knowledge I am quickly could get a pleasure of reading a written book.

(Kade Ankunding)

YOU ARE YOUR OWN GYM THE BIBLE OF BODYWEIGHT EXERCISES

DOWNLOAD



Ballantine Books. Paperback. Book Condition: New. Paperback. 192 pages. Dimensions: 9.1in. x 8.0in. x 0.6in. From an elite Special Operations physical trainer, an ingeniously simple, rapid-results, do-anywhere program for getting into amazing shape. As the demand for Special Operations military forces has grown over the last decade, elite trainer Mark Lauren has been at the front lines of preparing nearly one thousand soldiers, getting them lean and strong in record time. Now, for regular Joes and Janes, he shares the secret to his amazingly effective regimen of simple exercises that require nothing more than the resistance of your own bodyweight to help you reach the pinnacle of fitness and look better than ever before. Armed with Mark Laurens motivation techniques, expert training, and nutrition advice, you'll see rapid results by working out just thirty minutes a day, four times a week whether in your living room, yard, garage, hotel room, or office. Laurens exercises build more metabolism-enhancing muscle than weightlifting, burn more fat than aerobics, and are safer than both, since bodyweight exercises develop balance and stability and therefore help prevent injuries. Choose your workout level: Basic, 1st Class, Master Class, and Chief Class and get started, following the clear instructions for 125 exercises that work every muscle from your neck to your ankles. Forget about gym memberships, free weights, and inferior commercial contraptions. They are all poor substitutes for the world's most advanced fitness machine, the one thing you are never without: your own body. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



[Read You Are Your Own Gym The Bible of Bodyweight Exercises Online](#)



[Download PDF You Are Your Own Gym The Bible of Bodyweight Exercises](#)

Related PDFs



Scholastic Discover More Animal Babies

Scholastic Reference. Hardcover. Book Condition: New. Hardcover. 32 pages. Dimensions: 9.1in. x 7.6in. x 0.5in.Scholastic Discover More is a revolutionary new nonfiction line pairing stunning print books with corresponding interactive digital books that extend the...

[Download Document »](#)



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who...

[Download Document »](#)



DK Readers Invaders From Outer Space Level 3 Reading Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 48 pages. Dimensions: 8.9in. x 5.9in. x 0.1in.Are aliens from other planets visiting Earth Read these amazing stories of alien encounters -- and make up your own mind!...

[Download Document »](#)



Scholastic Discover More My Body

Scholastic Reference. Hardcover. Book Condition: New. Hardcover. 32 pages. Dimensions: 9.1in. x 7.7in. x 0.6in.Scholastic Discover More is a revolutionary new nonfiction line pairing stunning print books with corresponding interactive digital books that extend the...

[Download Document »](#)



Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in.Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead....

[Download Document »](#)

**Nancy Clancy, Super Sleuth Fancy Nancy**

HarperCollins. Paperback. Book Condition: New. Robin Preiss Glasser (illustrator). Paperback. 144 pages. Dimensions: 7.4in. x 5.1in. x 0.5in. Kids who grew up with Jane OConnors Fancy Nancy picture books can spend some quality time with their

[Save PDF »](#)

**Coronation Mass, K. 317 Vocal Score Latin Edition**

Petrucci Library Press. Paperback. Book Condition: New. Paperback. 56 pages. Dimensions: 9.6in. x 6.7in. x 0.1in. Otto Taubmanns classic vocal score of Mozarts Coronation Mass was first issued in the early 20th century and has become

[Save PDF »](#)

**At-Home Tutor Reading, Prekindergarten**

Evan-Moor Educational Publishers. Paperback. Book Condition: New. Paperback. 96 pages. Dimensions: 10.6in. x 8.2in. x 0.3in. Developed by teachers, this curriculum-based series provides practice of important math and reading skills-ideal for providing additional practice at home.

[Save PDF »](#)

**Angels, Angels Everywhere**

Bella Rosa Books. Paperback. Book Condition: New. Paperback. 112 pages. Dimensions: 8.0in. x 4.8in. x 0.3in. Many people believe that everyone is assigned at least one guardian angel at birth. Some claim to have seen their

[Save PDF »](#)

**Estrellas Peregrinas Cuentos de Magia y Poder Spanish Edition**

Pinata Books. Paperback. Book Condition: New. Paperback. 178 pages. Dimensions: 8.3in. x 5.4in. x 0.6in. First ever Spanish-language edition of the critically acclaimed collection of short stories for young adults by a master of Latino literature

[Save PDF »](#)