



Bodyweight: Bodyweight Bible: 44 Best Exercises To Add Strength And Muscle (Bodyweight Training, Bodyweight Exercises, Bodyweight Bodybuilding, Calisthenics, ... For Beginners) (Bodybuilding Series)

Felix Harder

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Want To Know What Bodyweight Exercises Are Proven To Make You Gain Muscle And Strength?

Then This Book Is Perfect For You!

It teaches you the **44 best bodyweight exercises for building strength and gaining muscle**. Many of them are timeless and have been performed by athletes for decades.

Muscle Groups Included:

- Chest
- Back
- Legs
- Arms
- Shoulders/Neck
- Abs

The exercises are **proven to work and should be part of every workout routine**. Avoid simply copying friends at the gym! This usually lead to injuries and long-term joint problems. To spare yourself such issues, you need to educate yourself on how to train correctly.

Each Exercise Contains:

- step by step instructions on how to perform the exercise
- a picture / illustration
- details about the primary and secondary muscles involved
- safety tips
- and possible variations

I promise you that **if you follow the advice in this book, you will increase both strength and muscle size** within a few weeks.

No Fluff or Bro Science! With this guide you will build muscle faster than ever!

The bottom line is you CAN get bigger and stronger with just these exercises. No need for fancy equipment or a personal trainer.

BONUS: Along With This Guide You Get Free Access To My Video Program "Bodybuilding For Beginners" (Kindle Exclusive)

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Miguel Ross:

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Zandra Woods:

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