

BODYWEIGHT STRENGTH TRAINING ANATOMY



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Going far beyond standard pull-ups, push-ups, and squats, Bodyweight Strength Training Anatomy presents 156 unique exercises that work every muscle in the body. Detailed anatomical artwork accompanies step-by-step instructions for performing each exercise anytime, anywhere, without the need for equipment or machines.

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Hi Fitness Friends! You can now pre-order my new book Bodyweight Strength Training Anatomy through the Amazon link or the Human Kinetics link.. This book is great for beginner and advanced lifters who wish to maximize their understanding of bodyweight training.

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Bodyweight Strength Training is SIMPLE and gets to the core of your motivation, state of mind, nutrition and provides an easy to follow progression from beginner to bodybuilding level exercises. The important thing to remember is that bodyweight strength training is used by some of the STRONGEST athletes in the world.

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