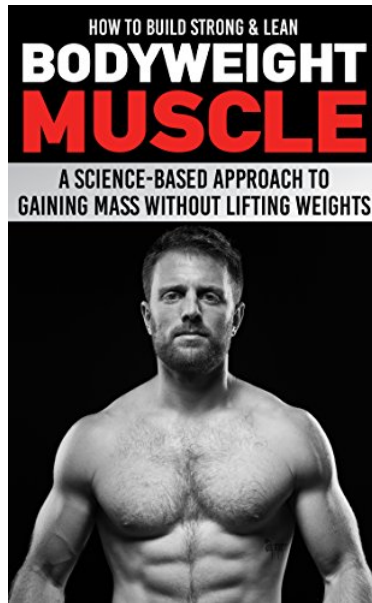


# WPHF7 [Download] How to Build Strong & Lean Bodyweight Muscle: A Science-based Approach to Gaining Mass without Lifting Weights



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Slim waist Visible abs Round shoulders V-shaped defined back Visible muscular chest Muscular and vascular arms Nicely shaped muscular legs These are the key characteristics of an aesthetic calisthenic's physique that Bodyweight Muscle focuses on developing... This book is the result of years of research and self-experimentation. It's the book I would like to have had when I first began my journey into bodyweight training. Nowadays, I've reached a point where I can say, with confidence, that I have all the pieces of the puzzle that one needs to get in great shape and build an impressive physique through bodyweight exercise. Having made a lot of personal mistakes, having followed a lot of bad advice, and having neglected a lot of important principles, I know that having this book back then would have saved me a lot of time and effort. Since I can't go back in time to avoid my mistakes, I can help those of you that are getting started on your journey of building bodyweight muscle. This book is also for those frustrated from training for some time, without getting the results that they should be getting. I want you to find out the missing pieces that are holding you back, so you can finally get the results

you deserve. Lastly, Bodyweight Muscle is not just about muscle. Incorporating a bodyweight exercise routine in your lifestyle can become a keystone habit that triggers positive widespread change in other areas of your life. Building Bodyweight Muscle and gaining control over your body helps you develop confidence and a sense of self-mastery. It empowers you to further take control of your life and make more positive changes day by day.

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