



Bodyweight Training: Bust Your Strength with Effective Circuit Training Exercise Using Body Weight (Bodyweight training books, bodyweight training women, bodyweight training and workouts)

Ben Hanson

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Can't find time to work out? Are expensive gym memberships keeping you from keeping that New Year's resolution to get in shape? Do you live in a space that's too small for a treadmill or weight bench? That's no excuse for not exercising regularly. In fact, the greatest fitness tool in the history of mankind is already in your possession, whether you know it or not: Your very own body.

Even with the most limited budget, lack of time and space, and fitness knowledge, you can get started with a body weight circuit workout that will whip you into shape in no time. By learning just five simple yet effective exercises and committing just fifteen or twenty minutes a day, three days a week, you can start to get into shape. There's really no reason not to start today.

In this book, you'll learn:

- The five simple exercises that will get you started on a safe, free, and effective journey towards personal fitness.
- The importance of nutrition to your exercise routine, including one awesome tip on how to keep track of it all without performing a single calculation.
- Routines for warming up and cooling down, including stretches.

Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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