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## Home Exercise: For Everyone: Natural Bodyweight Workouts for Men and Women

By David Nordmark

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Discover How To Unlock Your True Potential With Bodyweight Exercises The secret to looking better, feeling stronger and living longer is to train naturally, just like the animals in nature Any animal you can think of is far healthier than any human being. How do they do it? Their secret is that by instinct they exercise everyday using nothing but their own body and bodyweight. Don t you think there is a lesson there for people as well? Or put it this way. Think of the physiques you really admire. I suspect what you like about them is that they possess natural muscle and real strength. Gymnasts, dancers and martial artists are all examples of this. What unites them all? Like the animals in nature they all use some form of bodyweight training to achieve their perfect bodies. Don t you think it would be wise to follow their example? If this makes sense to you then Home Exercises For Everyone is the book for you. In this book you will discover the holy trilogy of bodyweight training,....


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