



Bodyweight Exercise: 10 Principles That Will Get You the Results You Want from Your Training (Paperback)

By Ben Herd

Ben Herd, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Learn to exercise effectively at home, using just your bodyweight as your resistance. Remove all the normal excuses, and get the results you want. Exercise doesn't need to be complicated by information overload. With a solid understanding of the basic rules that underlie what makes exercise work to develop our bodies, anyone can get as strong, fit and muscular as they desire. In this book, the first in a series that will build your knowledge so that you can get the best results from a progressive, step-by-step approach to your workouts, I present 10 principles that will lie at the core of your training and give you a highly effective checklist to overcome plateaus. So don't waste any more time on misdirected workout programs. Learn how to start to exercise correctly right from the beginning so that you get precisely the results that you want to achieve through using a focused, efficient approach to build your own highly effective workouts. About the Author Ben Herd lives in South West Devon close to Dartmoor National Park. He holds a Level 3 Certificate in...

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