



**Bodyweight and Strength Training Box Set: 16  
Best Muscle-Building Exercises to Improve  
Balance, Flexibility and Strength. Start Looking  
Fit and Sexy with ... for beginners, bodyweight  
training bible)**

*William Thomas, Jeffrey Morales*

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## **BOOK #1: Bodyweight Training: 16 Best Muscle-Building Exercises to Improve Balance, Flexibility and Strength.**

This e-book is all about the best weight training exercises for building muscle at a high-speed. Make the weight training exercises in this book an indispensable part of your workout. They are the most recommended to give you the results you are seeking. While initiating a bodyweight training practice, be sure to work out every muscle in your body. They may feel difficult to do at first, but if you have a little patience, you will be building full-size muscles within a short period of time. Take your time with them. They are the types of exercises that require deliberate and precise movements. To get a muscular body in the shortest possible amount of time, you will need to guarantee and capitalize all aspects of fitness at the same time.

This e-Book also takes into account that you also need to make certain changes in food choices, the importance of warming up before your routine and cooling down after you are finished and it also stresses the importance of performing each exercise correctly. The secret to a good body weight course is to make the most out of the intensity to torch fat, tone your muscles, and displace surplus pounds.

### **Here is what you will learn after reading this book:**

- Work out with an elevated level of strength
- Exercise with a high level of exertion
- Employ the resistance of your own body weight

## **BOOK #2: Strength Training For Beginners: Lose Your Weight and Start Looking Fit and Sexy with a 20 minute Daily Training**

Are you fed up with trying to lose that weight, all that effort, and yet still your body looks out of shape?

Maybe you have managed to shed a few pounds but yet you don't seem to look any different? We have the reasons as to why this has happened, right here in this book. Diet plans, and many exercise programs, simply do not tone up the muscle, so whilst you may have less body mass, your body is still out of shape. This book will show you strategies to overcome this problem. Strength training not only helps you to lose weight, but at the same time it tones up those slackened muscles and skin.

Once you start, you may not want to stop. If this is you then we have suggested some equipment, for those who wish to become more experienced. Whilst this book does not have a specific dietary plan, we will make suggestions of a healthy diet. This way you can lose weight at the same time as toning your body. By following the exercises in this book you will feel the energy levels rise, at the same time as watching your body shape improve.

### **In this book you can find about:**

- Workout plan for just 20 minutes every day, toning up
- Feel the many benefits of Strength Training
- No experience required, we will help even the beginner to achieve their ideal body shape

## **Getting Your FREE Bonus**

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

Download your copy of "*Bodyweight and Strength Training Box Set*" by scrolling up and clicking "**Buy Now With 1-Click**" button.

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**Dennis Mock:**

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