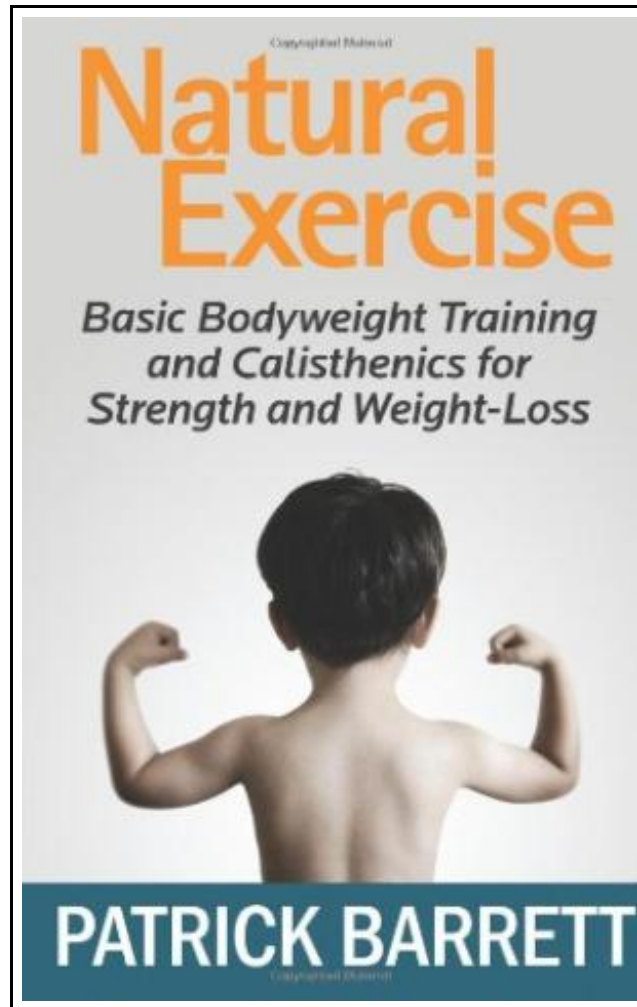


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NATURAL EXERCISE BASIC BODYWEIGHT TRAINING AND CALISTHENICS FOR STRENGTH AND WEIGHT-LOSS



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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 94 pages. Dimensions: 8.0in. x 5.0in. x 0.4in. Bodyweight exercise has long been the primary component of the daily training of some of the fittest people on Earth, including military forces, martial artists, and gymnasts. There is no doubt about the benefits you can enjoy from bodyweight exercise and calisthenics, but the important thing is to approach them in the right way--otherwise, you could end up frustrated with exercises that seem too hard, too easy, or for whatever reason just dont seem to be working. Natural Exercise will teach you over a dozen time-tested exercises--some youve seen before, and some you probably havent. These exercises are everything you need for an effective, full-body workout that will get you as strong and fit as you could want to be. Just as importantly, it goes beyond that to teach you about monitoring joint health, executing proper breathing during exercise, and basic nutritional advice so that your body will get what it needs to perform and develop at an optimal level. Youll also learn in detail about scheduling because, after all, knowing how to do an exercise is not very helpful if you dont also know how often to do it, and for how long. This section will help you to develop an understanding of how many reps and sets you should do of a given exercise to get the maximum benefit for your personal situation. You can choose from sample schedules that are provided, or you can learn to build your own schedule to fit your lifestyle. One thing is certain--you need to exercise to stay healthy and become strong. Bodyweight exercise is a great way to stay fit, because you can do it wherever you are--at home...



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