



# **Bodyweight Training: 15 Proven & Effective Exercises to Help You Build Muscle and Burn Body Fat (Bodyweight Training, Bodyweight Exercises, Bodyweight Workout)**

*Jeff White*

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## **Bodyweight Training: 15 Proven & Effective Exercises to Help You Build Muscle and Burn Body Fat (Bodyweight Training, Bodyweight Exercises, Bodyweight Workout) Jeff White**

If you want to win the war against fat, all you really need to focus on is building lean muscle tissue, in addition to eating a healthy diet.

Adding lean muscle to your body is a great way to burn fat because a pound of muscle utilizes nearly 75 -150 calories a day.

## **In this book you will find 15 proven and effective exercises including:**

- Lower Body Resistance Exercises
- Upper Body Resistance Exercises
- Abdominal Exercises
- Yoga
- Pilates
- Suggested Number of Repetitions for Each Exercise

When you focus on **building lean muscle tissue**, the additional muscles use additional energy. The additional muscles also raise your resting metabolic rate and the amount of calories your body burns.

Several different types of exercises are reviewed in the book from lower body and upper body resistant exercises using the resistance band to abdominal exercises.

The book also reviews some wonderful Yoga and Pilates exercises, which are also good stress relievers. Commit to a regular exercise program, and try these exercises out to see what you like.

There are many resources out there if you want to explore some of these programs in more detail.

By varying your workout routine and incorporating these easy exercises into your program, you will have a formula for success. Find something you love to do, and do it with consistency, dedication, and commitment. Exercise doesn't have to be drudgery, and as a matter of fact, it can even be fun.

# 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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#### **Sheila Foxworth:**

The knowledge that you get from Bodyweight Training: 15 Proven & Effective Exercises to Help You Build Muscle and Burn Body Fat (Bodyweight Training, Bodyweight Exercises, Bodyweight Workout) may be the more deep you excavating the information that hide inside the words the more you get thinking about reading it. It doesn't mean that this book is hard to recognise but Bodyweight Training: 15 Proven & Effective Exercises to Help You Build Muscle and Burn Body Fat (Bodyweight Training, Bodyweight Exercises, Bodyweight Workout) giving you buzz feeling of reading. The copy writer conveys their point in certain way that can be understood by anyone who read it because the author of this book is well-known enough. This specific book also makes your current vocabulary increase well. That makes it easy to understand then can go to you, both in printed or e-book style are available. We suggest you for having this particular Bodyweight Training: 15 Proven & Effective Exercises to Help You Build Muscle and Burn Body Fat (Bodyweight Training, Bodyweight Exercises, Bodyweight Workout) instantly.

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People live in this new morning of lifestyle always try to and must have the extra time or they will get lot of stress from both lifestyle and work. So , if we ask do people have time, we will say absolutely sure. People is human not just a robot. Then we inquire again, what kind of activity have you got when the spare time coming to anyone of course your answer can unlimited right. Then ever try this one, reading books. It can be your alternative inside spending your spare time, the actual book you have read is Bodyweight Training: 15 Proven & Effective Exercises to Help You Build Muscle and Burn Body Fat (Bodyweight Training, Bodyweight Exercises, Bodyweight Workout).

#### **Hilary Rangel:**

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