



# **Bodyweight Training Handbook: Bodyweight Exercises, Tips & Tricks to Lose Weight, Build Muscle and Get Fit Fast!**

*Phil Pierce*

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*Discover the secrets the gyms don't want you to know...*

- How to get in amazing shape with top powerful, simple and free bodyweight exercises
- The truth about burning fat you need to know!
- How to 'cheat' at cardio and get insane results in minutes, not hours!
- How to easily work out the number of reps tailored just for you...
- Why building muscle vs. getting toned isn't what you think
- The 6-pack secret 90% of people overlook!
- Your 30 second diet tactic for instant healthy eating
- How to create a bodyweight workout routine quickly and easily
- + Free Bonus Book Inside
- And much more!

Developed with input from top fitness experts, researchers and personal trainers this easy-to-use guide reveals the tips and tricks for building muscle, losing weight and getting fit for ZERO cost.

With the 'Bodyweight Training Handbook' you can look great, increase fitness and improve your health with nothing but your own body. No equipment, no gym and no money.

Best of all there is no complicated routines or fitness jargon, just killer tips and effective bodyweight exercises you can do today!

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