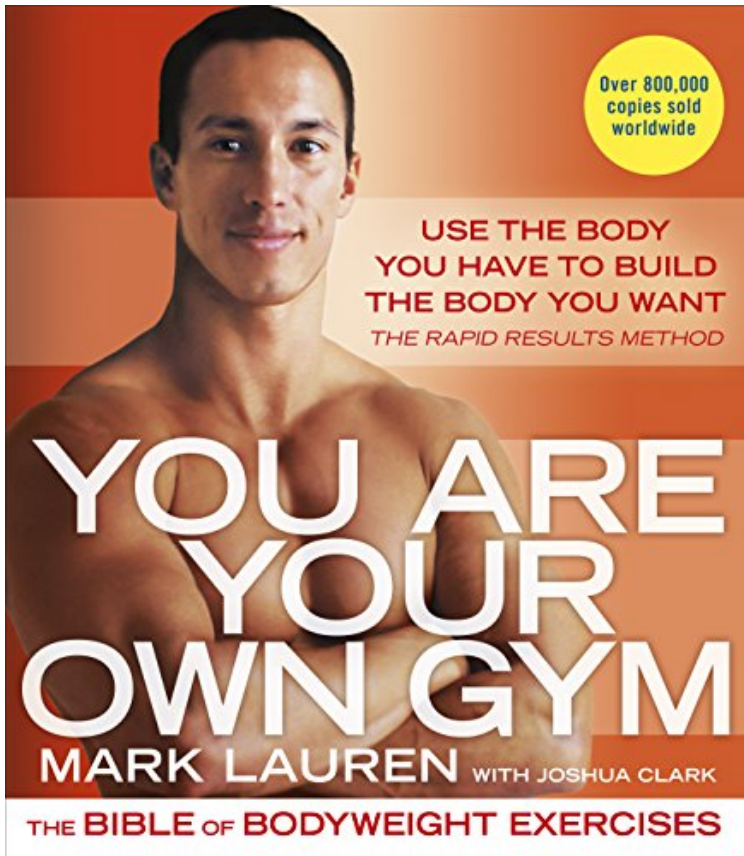


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# You Are Your Own Gym: The bible of bodyweight exercises



Par Mark Lauren

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## Description :

Prsentation de l'diteurElite trainer Mark Lauren has been at the front lines of preparing US Special Operations soldiers for action, getting them lean and strong in record time. Now, he shares the secrets to his simple, yet amazingly effective regimen to get you into the best shape of your life.- Rapid results with minimum time commitment work out for only 30-minutes a day, four times a week - No gym or equipment required simple bodyweight resistance exercises you can do anywhere- Build muscle and burn fat get more effective results than weightlifting and aerobics- Suitable for men, women and all abilities choose your level from Basic, 1st Class, Master Class and Chief Class- Safe and effective develop balance, stability and prevent injuries With 125 clear exercises to work every muscle in your body, motivation techniques and nutritional advice, Mark Laurens method will get you the body you want simply by using the body you have.Revue de presse"Mark Lauren put the strength-training technique of Spec-Ops into a comprehensive and easy to understand programme that can be done by everyone, anywhere, anytime, paving the way for anyone looking to get into the best shape of his or her life." (Sergeant Gregory Peterman, Green Beret)"Perfect for our mobile age of road warriors, this terrific book lets us carry around a full gym in our heads!" (General James Abrahamson, US Air Force)"Gain control of yourself through your own bodys

gym!" (Colonel Mike Fisher, commander, 82nd Airborne Division, US Army Ranger) Presentation de l'auteur Elite trainer Mark Lauren has been at the front lines of preparing US Special Operations soldiers for action, getting them lean and strong in record time. Now, he shares the secrets to his simple, yet amazingly effective regimen to get you into the best shape of your life.- Rapid results with minimum time commitment work out for only 30-minutes a day, four times a week - No gym or equipment required simple bodyweight resistance exercises you can do anywhere- Build muscle and burn fat get more effective results than weightlifting and aerobics- Suitable for men, women and all abilities choose your level from Basic, 1st Class, Master Class and Chief Class- Safe and effective develop balance, stability and prevent injuries With 125 clear exercises to work every muscle in your body, motivation techniques and nutritional advice, Mark Laurens method will get you the body you want simply by using the body you have.