



**Bodyweight Strength Training: The Only  
Bodyweight Training Workout and Exercise Guide  
You Will Ever Need For Building Lean Muscle  
Mass (bodyweight training, ... for beginners,  
calisthenics training)**

*Max Taylor*

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## **A Proven, Rep-By-Rep Method To Building The Body of a Greek God with Bodyweight Strength Training**

**Discover the most effective method to use bodyweight strength training to build lean muscle mass and never plateau again.**

**In Bodyweight Strength Training, you will learn a simple equation to building muscle using your bodyweight and variations of ONLY the most essential exercises with minimal equipment. While many books overcomplicate the strategies and exercises of bodyweight bodybuilding, they don't focus on what is actually EFFECTIVE and EFFICIENT. Bodyweight Strength Training is SIMPLE and gets to the core of your motivation, state of mind, nutrition and provides an easy to follow progression from beginner to bodybuilding level exercises.**

**The important thing to remember is that bodyweight strength training is used by some of the STRONGEST athletes in the world. These top calisthenics athletes have some of the highest strength-to-weight ratios found in the fitness world. If you search for Barstarzz or Bodyweight Strength Training on YouTube, you will see thousands of results showing calisthenics athletes with amazing physiques. Bodyweight training engages your entire body, which builds muscle and shreds fat far quicker than isolated weight lifting exercises. More than that, you won't need to spend countless hours training your abs, as your core is the foundation to most bodyweight exercises.**

## **Here Is A Preview Of What You'll Learn...**

- **How to Ensure Your Training Success**
- How to Use Fear As One of Your Greatest Motivators
- Simple Goal Setting
- How to Maximize Your Results
- Why Coffee Is The ONLY Pre-workout You Need
- Why Rest Is As Important as Training
- Progression & Variation of The Essential Bodyweight Exercises
- How to Stay Motivated By Understanding Your Body
- How to Design Your Own Workout

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