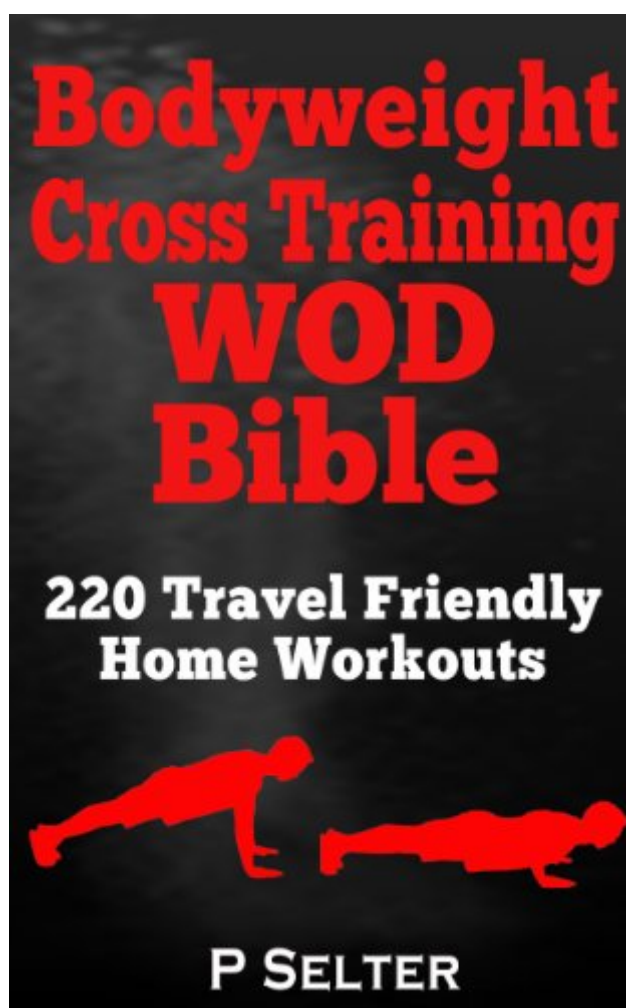


The book was found

**Bodyweight Training: Bodyweight  
Cross Training WOD Bible: 220 Travel  
Friendly Home Workouts  
(Bodyweight Training, Bodyweight  
Exercises, Strength Training, ...  
Bodybuilding, Home Workout,  
Gymnastics)**





## Synopsis

No Gym Equipment? No Worries â “ Build Your Body On A Budget! (Photos Included!)Obliterate Fat, Build Muscle, Get Strong & Increase Endurance With Bodyweight Training At Home, While Youâ™re Travelling or Anywhere For That Matter! Regardless of your gender, age or current fitness level youâ™re about to learn how to build a fit and healthy body without any expensive gym memberships or overhyped workout equipment.Olympic Gymnasts, Prison Inmates & Spartan Warriors harnessed the power of bodyweight exercises to build the body of their dreams, now you can too!Here Is A Preview Of What You'll Learn Inside...A Comprehensive List Of The Health Benefits Of Cross TrainingIn Depth Terminology To Help You Understand And Master Exercise & Workout AbbreviationsAn Explanation Of What Bodyweight Training Actually Is Benefits Of Bodyweight Training Revealed **\*\*MUST READ\*\***The Essential Principles Of Bodyweight Training To Transform Your PhysiqueBodyweight Exercises Explained With Photos & Correct Form220 Bodyweight Workouts Suitable For Everyone From Beginners to ExpertsMuch, much more!Hurry! For a limited time you can download "Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workoutsâ • Download Your Copy Right Now! ----- Tags: Cross Training, WODs, WOD Bible, Build Muscle, Fat Loss, Increase Endurance, Bodyweight Exercises, Bodyweight Training, Bodyweight Workout, Bodyweight Strength Training, Bodyweight Fitness, Bodyweight Bodybuilding

## Book Information

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## Customer Reviews

As a keen weight trainer the last year has been very frustrating for me. While lifting heavy weights I partially tore my biceps tendon in my left arm. This effectively put my training on hold while I tried to let the injury heal. I thought it was all good, started to ease back into weight training and reinjured myself. I've now decided to give away the heavy weights and try something different to keep fit. I've been interested in cross training for a while but have never really tried it. I have trained with kettlebells and some bodyweight exercises in the past but nothing as integrated as is described in this book. The book describes the philosophy behind bodyweight cross training and clearly outlines all the benefits. Coming back from an injury, I especially like how everything is scalable so anybody can participate, regardless of age or fitness level. All the exercises are clearly explained and all have diagrams so you can see exactly how each exercise should be done. With the 220 WODs, workouts will never be boring. That's the great thing about cross training: workouts are short, sharp and to the point. And even better, since it's all bodyweight exercises you can do the workouts virtually anywhere. Highly recommended!

Prior to this book, I wasn't really aware of Cross Training until I read this book. The in-depth instructions on different workouts as well as an explanation to what Cross Training actually is and what it benefits within the body is very important and one of the reasons why I enjoyed this book. The book provides a terminology section as well as more instruction on each style or workout, helping me to better understand what and why I was doing something. Each exercise has pictures and a detailed, step-by-step guide on how to successfully and safely complete the movement, making this book a great starting point for individuals wanting to get into better shape.

People often think bodyweight training is a thing of the past since the birth of weight loss pills and the many types of diets people are trying these days. Bodyweight and cross training to me sounds like a hard-core workout like the ones athletes do, but this book tells me otherwise. There are a lot of exercises with illustrations that are really easy to follow, and I think is great for beginners like me. The author also included combinations of these exercises, which you can do in 10-15 minutes. I believe it's not just for weight loss, but also for overall well-being. It takes more than

physical strength to be able to do these workouts.

I thoroughly enjoyed this book by P Selter. I have never read a fitness book with so many home workouts that delivers on a promise like this one. P Selter starts you off with a Free gift that will motivate you even more to work hard during your workouts. He continues by explaining in utmost detail the benefits of Cross Training and shows you how life changing these workout will be. Next he explains how Cross Training build mental strength, confidence and grit and how a tough workout will emotionally push you beyond your own limits. He concludes by mentioning the benefits of teaming and how training can assist in so many other ways. I was impressed with the detailed exercise instructions with pictures on how to perform them correctly. I highly recommend this book to every fitness fanatic out there yet believe this book would add great benefit to anyone wishing to better their lives mentally, emotionally as well as physically. Well done!

I bought this book for my boyfriend, as he expressed an interest in getting physically fit, but has had issues with hurting himself before. We both liked the idea of this because we could do various different routines to challenge ourselves and to remain fit, and to bond as a couple, at least some of the time. This book has a vast number of different things you can implement, and a good explanation as to why cross training is a better physical option than body building is. Another thing to keep in mind is that, as we live in a busy world, not all of us have the money to go get a gym membership, and with some of the routines listed within the volumes of this book, you don't need to have one, which really is great.

First, I must say I am impressed about the introductive message to our Father, to thank Him for everything important for P Selter. My Sports teacher used to say: *Mens sana in corpore sano*, the Latin for : Healthy mind in healthy body. By this age , I have deeply convinced myself that is most true. I am a big fan of sports, of motion and health, in general. The information in this book is designed to provide many health& fitness benefis of the bodyweight training: intensity, creating athlets, life changing, community. We find here encouraging and supportive techniques to workout for a better quality of life.

This book has allowed me to get back to my fitness regiment while constantly traveling for work. Sometimes the hotel fitness centers are really small or completely crowded, this allows me to do a complete workout in my own personal space. I love the idea of mostly using your own body weight

to achieve a well-balanced physique. I also really enjoy that the workouts are laid out and work out different parts of the body every day.

If you love exercising or working out on your own this book is the perfect fit for you. You can try the exercises that are being discussed here at home and familiarize yourself with the cross training terminology so that you will be able to interpret your Cross Training workouts. The pictures that are provided in this book made it easier and handy for beginners like us to execute exercises without any doubt of doing it the wrong way.

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