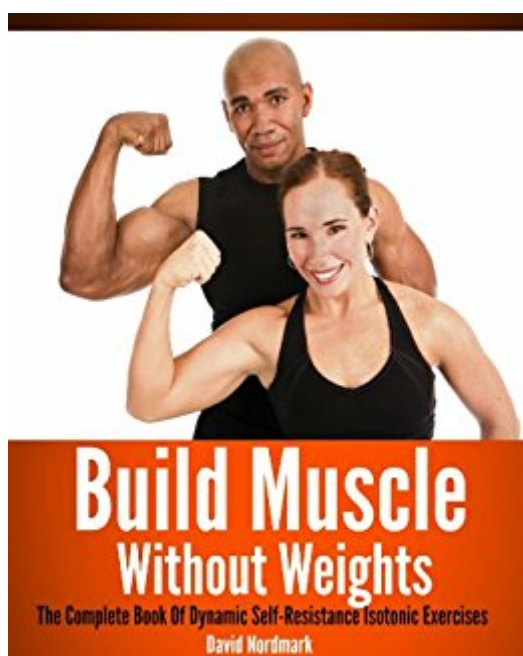


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# Build Muscle Without Weights: The Complete Book Of Dynamic Self Resistance Training Exercises (burn Fat, Abs, Muscle Building, Exercise Workout 7)



## Synopsis

Discover How To Create A New You With Dynamic Self-Resistance Training Learn how to build muscle without weights, fancy equipment or expensive gym memberships If you're like most people you know how much richer your life could be if you were in better shape. You'd feel better; look better and life would just be easier. But who has the time or money to go to a gym? What can you do? The solution is **Build Muscle Without Weights: The Complete Book Of Dynamic Self-Resistance Isotonic Exercises**. This book shows you how to perform incredibly simple yet effective self-resistance exercises using nothing but what God gave you. Done properly, self-resistance exercises allow you to pit muscle against muscle in order to build a beautiful yet powerful physique from the comfort of your own home. These exercises can be done by anyone of any age safely and effectively. If you dedicate yourself to these dynamic isotonic exercises you can expect the following: Develop a perfectly muscled chest Washboard abs that will get noticed on any beach Well-rounded shoulders Muscular arms Maintain a flexible and healthy spine Help you to look and feel young Effortlessly project health, confidence and magnetism All this and more is possible when you possess a strong, healthy body. Order **Build Muscle Without Weights: The Complete Book Of Dynamic Self-Resistance Isotonic Exercises**. and get started on creating a more dynamic and healthy you today!

## Book Information

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## Customer Reviews

This book is by far the best Isotonic book out there. If you struggle with using weights or have injuries that limit movement or strength this book is for you. It could also be a great book for prisoners in jail/prison (especially solitary confinement) who do not have access to weights.

Wow, I'm impressed! This book comprehensibly covers a complete body program with isotonic exercises - exercises using resistance and your own body weight for strengthening the body and muscle gain! Many people don't like lifting weights or going to the gym -- this is both a great alternative to the gym and a fantastic health and exercise choice. It's detailed, has pictures and explanations that make it easy to use and very effective. I'm really impressed!

I love to exercise but am usually short on time to travel to the gym and do everything I'm supposed to do there! What I really like about this book is that it gave me a viable workout alternative that I can essentially do anywhere - office, home, traveling etc. I'm by no means a body builder but I am in decent shape, and the exercises in this book were challenging. It's a good switch-up from a typical routine and really convenient. Definitely worth the purchase.

I bought this as a gift for someone and they loved it...that made me happy

I was skeptical about this book at the start but now im sorry i didnt discover it sooner!!!! I wanted a quick way for a little muscle definition and whaddayaknow, it works!!! Im delighted i found this book, its a gem!!

This book is great because I'm in a wheelchair, and it gave me great exercises that I can do, completely in my wheelchair!!!.

This book was recommended to me by a real live licensed trainer. He is a friend of the family and we were talking at a backyard grill and beer party. He was showing us some ways to tone at the office. He was the one who told us about these techniques. I was skeptical. I thought no way this will work. Two weeks later I was admitting I was wrong. This works like magic. You have to be

committed and follow the program but I am more toned now than i thought was possible without spending a lot of time in a gym. This writer knows his stuff and make it easy to follow and stay with it. He is like haveing a trainer in my kindle. I will not be in a body building competition but my wife remarked how different I looked and how much stamina I had. It is an easy read and and David will explain it as you go. If your busy and have no time for a gym or just do not like that whole weight room thing this is for you. David is a real guru of this field of fitness. You should also look at his other fitness books.

This book gives you great exercises that can be done throughout your daily grind. Not only that, you feel better (more fit) quickly and see results. With a little discipline to make yourself use the exercises you won't be disappointed!!! Enjoy!

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