



Bodyweight Exercises For Women - Full Body Workout

Michelle Williams

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Bodyweight Exercises For Women – Full Body Workout provides a simple but powerful full body workout and nutritional guidelines to help you on your weight loss and fitness journey whether you are a beginner or an experienced fitness enthusiast.

Bodyweight training is the ultimate tool because of its versatility in achieving your goals, whether it is a slimmer, sexier body, improving your health or increasing your athletic abilities. Bodyweight exercise can be done anywhere, whether you are at home, at work or travelling and is also the only form of resistance exercise that is completely free.

Bodyweight exercises are ideal for strength training as they can be easily modified as your fitness level increases.

This handbook provides a fat blasting, muscle toning total body workout with an illustrated and simple step by step Full Body Workout to help you burn the most fat and sculpt a gorgeous body.

Bodyweight strength training will cause the body's metabolism to rise during the workout, after you have stopped exercising and even at rest. Doing bodyweight exercise on a regular basis will turn your body into a fat burning machine.

This handbook includes realistic and helpful information to keep you motivated and help you reach your weight and fitness goals.

So what are you waiting for? Transform your body and your life starting today.....

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