

## Homemade Muscle: All You Need Is a Pull Up Bar (Motivational Bodyweight Workout Guide)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.AMAZON #1 BEST SELLER! (In both kindle s Men s health and Weight loss categories) A true story that will motivate you to get in the best shape of your life with a proven, simple and do-anywhere bodyweight exercise program. Prepare yourself for a touching story of a journey into a true hero s deepest despair to his ultimate triumph. One of the most amazing stories you will read that will take you through Anthony s tragic life-changing event. From his darkest moments to the turning point when he made the most courageous life-altering decision - having his leg amputated. From a long recovery to finally reaching a place of peace, fulfillment and the best physical shape ever imagined. This book offers lessons of how to maneuver your way around life s obstacles in order to achieve your greatest bodyweight and strength training accomplishments all just by utilizing the miraculous tools (a/k/a your own personal body ) that you have been already given. It will inspire you to face the most daunting challenges and fears you could imagine with strength and courage resulting in confidence, fulfillment, and most importantly, a healthier you! The exercises in Anthony s program are self-tested and proven successful. Anthony will walk you through every phase of his exercise program to train you on proper form, technique, diet, nutritional supplements do s and don ts, training video s and much more. This program will help you increase your strength, burn fat and define your muscles. For those who would rather not invest in expensive gym memberships and the hassles the gym brings, Anthony s program offers convenience, clear instructions and endless...



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