



Bodyweight Training: Rapid Muscular Enhancement Using Bodyweight Only Training

Jason Scott

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The Most Effective and Complete Guide to Bodyweight Training, Muscle Growth, and Athletic Development

From Olympic Gymnasts to Prison Inmates, bodyweight exercises are used to rapidly increase strength and muscle mass. It does not matter whether you are an aspiring Olympian or the average guy looking to build some serious muscle mass, body weight training can get you there – if it's done correctly!

Unfortunately the correct programming of bodyweight training is completely misunderstood by the majority of athletes and coaches. Throughout my years of coaching and consulting with some of the best athletes and Olympians in the world, I have documented how to correctly implement bodyweight training in order to achieve stunning results. Rapid muscular enhancement and strength development can be accomplished using the methods you are about to learn.

These programs are highly effective, and more importantly can be done anytime anywhere. You are not required to have a gym membership or any expensive equipment (though a pull-up bar will help). All you need to bring to the table is hard work and dedication; this program will do the rest.

You Will Learn:

- 1) How to Increase Strength Using Advanced Leverage Techniques
- 2) Rapid Muscle Growth Strategies
- 3) The Keys to Superior Athletic Development and Body Control
- 4) Hit Training for Rapid Muscular Enhancement and Fat Loss
- 5) Conditioning and Cardiovascular Workouts
- 6) Diet and Nutrition for Fast Recovery and Mass Gain
- 7) Example Bodyweight Programs and Variations
- 8) Lessons from the Greats – The Training Programs used by some of the Greatest Athletes of all Time - Including Mike Tyson, World Champion Wrestlers and Olympic Gymnasts.
- 9) Much, Much, More!

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