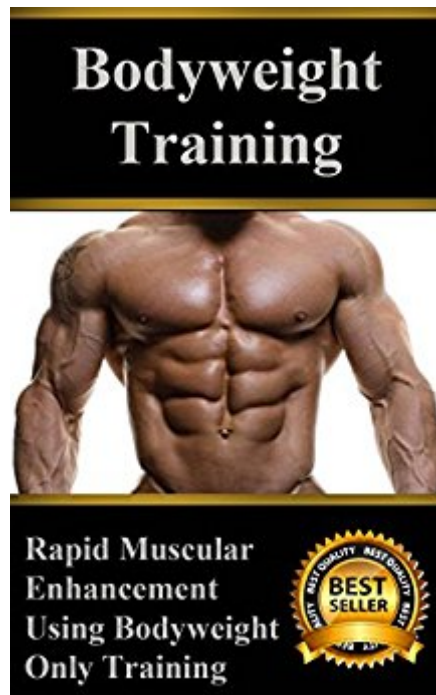


The book was found

Bodyweight Training: Rapid Muscular Enhancement Using Bodyweight Only Training



Synopsis

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!

Book Information

File Size: 1270 KB

Print Length: 44 pages

Publication Date: August 31, 2014

Sold by: Â Digital Services LLC

Language: English

ASIN: B00N7KWYP4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #469,521 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #85
inÂ Kindle Store > Kindle eBooks > Nonfiction > Sports > Other Team Sports > Track & Field #244
inÂ Books > Sports & Outdoors > Other Team Sports > Track & Field #352 inÂ Kindle Store >
Kindle eBooks > Nonfiction > Sports > Individual Sports > Running & Jogging

Customer Reviews

Review - Body Weight Training Jason Scott"Body Weight Training" by Jason Scott is a simple little (44 pages) book with a big impact. Jason takes three basic facts: 1) To gain mass the lifter must lift more volume 2) when body weight lifting the only two ways to increase difficulty is by increasing reps or changing the angles of the body's levers. And 3) good weight lifting programs are very simple. Jason does go through some other principles of body weight lifting, but these are mostly not related to the central themes of the book. Jason starts with 2 huge, respected body weight lifters, Gama of India and Mike Tyson of boxing fame. Jason states both used a very limited number of exercises in gaining their mass and their strength. Tyson did include other exercises like dips, shrugs, and wrestlers bridges (no weights till after his stint in prison). Gama included lifting odd heavy objects like stones. Both included some cardio work, and actually training for their sports (wrestling or boxing). Based on the two programs of Gama and Tyson, Jason lays out a challenging, extremely simple "mass" program of vertical pulls, vertical pushes and lots and lots of body weight squats. Then Jason wants to add a strength program of L-sits and bar hangs. Jason likes sprints for cardio and suggests 2 different approaches to sprints. Jason also suggests a brief pulse increasing warmup and a post workout deep stretch program. Thus with basically 5 exercises, Jason says you will add both mass and strength. Are there comparable programs? When I was doing Wade's "Convict Conditioning 1," I hit 100 of both squats and pushups and was gaining in mass and strength. I did not do as well on the other 4 of Wades's exercises.

[Download to continue reading...](#)

Bodyweight Training: Rapid Muscular Enhancement Using Bodyweight Only Training Kettlebell Training: Rapid Muscular Enhancement and Athletic Development Using Kettlebell Only Training (Kettlebell Training and Workouts Book 1) Understanding Additive Manufacturing: Rapid Prototyping, Rapid Tooling, Rapid Manufacturing 95 Recetas de Comidas y Licuados para Aumentar la Masa Muscular en Menos de 7 dias: No Espere Mas para Aumentar su Masa Muscular (Spanish Edition) Calisthenics: 80 Bodyweight Exercises See Results Faster Than Ever with the Definitive Guide to Bodyweight Training- 3rd Edition Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training,

Puppy training ... your dog, Puppy training books Book 3) Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines) The Naked Warrior: Master the Secrets of the super-Strong--Using Bodyweight Exercises Only Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More CROSS TRAINING: No BS Complete WOD Guide to: Lose Weight, Build Muscle, & Get Ripped (Strength Training, Exercise and Fitness, Bodyweight, Home Workout, Fat Loss Book 1) Rapid Weight loss Diet: 101. Delicious, Nutritious, Low Budget, Mouthwatering Rapid Weight loss Diet Cookbook Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) Atkins diet for rapid weight loss - Lose 5 lbs in Just 1 Week: atkins diet cookbook, atkins diet for rapid weight loss, atkins diet for beginners, atkins vegetarian Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks)