



Bodyweight Exercises For Women: You Can Do Anywhere to Accelerate Weight Loss, Build Lean Muscle and Sculpt The Body You've Always Wanted

Michelle Williams

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Bodyweight Exercises For Women – Books 1 – 4 – The Complete Series.

Whether you are a beginner or an accomplished fitness enthusiast Bodyweight Exercises For Women provides simple but powerful workouts and nutritional guidelines to help you on your weight loss and fitness journey.

This handbook is a complete compilation containing all 4 books from the Bodyweight Exercises For Women series:

- Bodyweight Exercises For Women - Upper Body Workout
- Bodyweight Exercises For Women - Lower Body Workout
- Bodyweight Exercises For Women - Core Workout
- Bodyweight Exercises For Women - Full Body Workout

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 exercises can be performed anywhere, have no cost or equipment, can be scaled to meet any fitness level and when performed regularly, will deliver superior results.

This handbook provides a total of 27 illustrated bodyweight exercises included across 4 different workouts to help you burn the most fat and sculpt the body you've always wanted. The workouts are realistic and flexible to suit your busy schedule: Upper Body, Lower Body, Core and Full Body.

This book is packed with realistic and helpful information to keep you motivated and help you reach your weight and fitness goals:

- How regular bodyweight exercise can turn your body into a fat burning machine
- How exercising certain muscles will burn the most fat
- The truth about why we gain weight
- What works better, exercise or dieting?
- Calculating your calorie goal

- Foods to limit and avoid in your diet

And much more.....

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

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