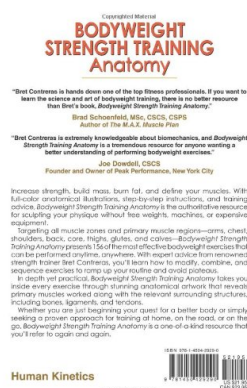


[PDF] Bodyweight Strength Training Anatomy

Bret Contreras - pdf download free book



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Description:

Increase strength, build mass, burn fat, and define your muscles. With full-color anatomical illustrations, step-by-step instructions, and training advice, *Bodyweight Strength Training Anatomy* is the authoritative resource for sculpting your physique without free weights, machines, or expensive equipment.

Targeting all muscle zones and primary muscle regions—arms, chest, shoulders, back, core, thighs,

glutes, and calves—*Bodyweight Strength Training Anatomy* presents 156 of the most effective bodyweight exercises that can be performed anytime, anywhere. With expert advice from renowned strength trainer Bret Contreras, you'll learn how to modify, combine, and sequence exercises to ramp up your routine and avoid plateaus.

In depth yet practical, *Bodyweight Strength Training Anatomy* takes you inside every exercise through stunning anatomical artwork that reveals primary muscles worked along with the relevant surrounding structures, including bones, ligaments, and tendons.

Whether you are just beginning your quest for a better body or simply seeking a proven approach for training at home, on the road, or on the go, *Bodyweight Strength Training Anatomy* is a one-of-a-kind resource that you'll refer to again and again.