



Bodyweight Workouts for Men: 75 Anytime, Anywhere Exercises to Build a Better Body

By Sean Bartram

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75 bodyweight exercises and 40 routines designed specifically for men.

Bodyweight Workouts for Men is a step-by-step guide to one of the hottest fitness trends that truly gets results. Created specifically for men, the workouts in this book can be done anywhere, anytime — gravity and body weight is all guys need.

With this convenient — and free — workout method, you can say goodbye to unwanted pounds and hello to definition as you work through 75 bodyweight exercises and 40 routines that blast every muscle in the body.

Full-color photos guide you step-by-step through all the favorites: squats, planks, pull-ups, push-ups, leg raises, dips, and horizontal pulls. Regressions and progressions are outlined, allowing you to adjust the exercises to match your skill level and move on to the next level when you are ready. Guidelines on stretching, form, rep frequency and holding time, resting, and structuring a program are all featured to ensure the exercises in *Bodyweight Workouts for Men* are done correctly and without risk of injury.

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