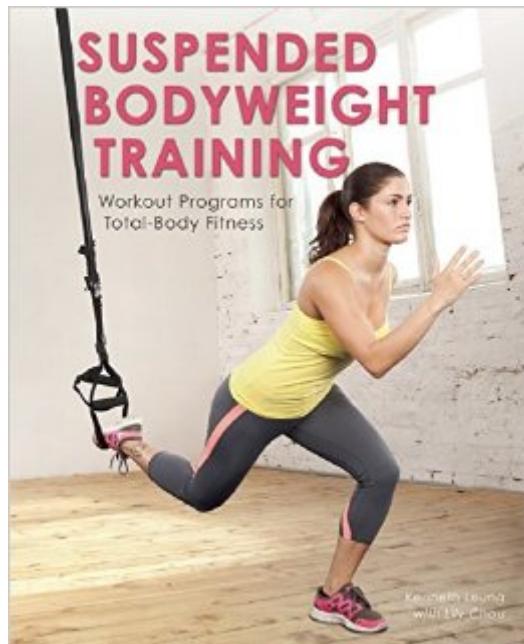


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# Suspended Bodyweight Training: Workout Programs For Total-Body Fitness



## Synopsis

A STEP-BY-STEP GUIDE TO GETTING AT HOME OR IN THE GYM A TONED AND MUSCULAR BODY WITH THE POPULAR SUSPENSION TRAINING SYSTEM All you need to develop long, strong muscles and a fit, slender physique is this comprehensive guide and your suspended bodyweight trainer. Forget bulky machines and heavy weights; these functional training workouts will unleash the full potential of any suspended bodyweight training system. You will simultaneously tone and shape your entire body for: Washboard Abs Carved Back Sculpted Shoulders Chiseled Chest Ripped Arms Firm Glutes Powerful Legs Packed with hundreds of step-by-step photos, clearly explained exercises and progressive training programs for all levels of fitness, this book will revolutionize your workout by teaching you how to maximize the benefits of this cutting-edge approach to total-body fitness.

## Book Information

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Average Customer Review: 4.5 out of 5 stars Â See all reviews Â (26 customer reviews)

Best Sellers Rank: #55,324 in Books (See Top 100 in Books) #99 in Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training #1975 in Books > Sports & Outdoors

## Customer Reviews

2015-08-12 So I'm a beginner at suspension training, and started out with this fun device to get stronger for rock climbing in particular, which I'm also a beginner at. (I'm a forty something tall gal) So far I've done a bunch of the stretches only - the exercises and the descriptions really excellent. Can't wait to get into the workouts, which look great. Generally the Kindle version is fantastic - the table of contents is detailed enough, the photos are great and the instructions are easy to follow. Leung comes across as a sensible and patient person I'd like to meet, me who cannot do a 'real' push up yet. Some of the exercises I can do already, others I think I have to get stronger before trying the beginner version. **HOWEVER** A note about the Kindle version on windows phone 8.1 though.... So far I'm still using the short videos from Lifeline USA for their Jungle Gym XT trainer to

get a 30min full body workout that kicks butt. The reason I've not started the full body or general workouts from this book yet is the impossibility of easily flipping from a workout that just LISTS the exercises through to each exercise's (excellent) black and white photos and descriptions. Really??? Each workout, example legs / arms & shoulders / core, already lists the exercises to do, number of reps / duration and page numbers(!) on the Kindle version. The Kindle version should be changed to show a jump link in the workout to each exercise AND at the end of each exercise there should be a jump link back to each workout that used that exercise. Then you can actually USE the workout regimes in this book's kindle version on a mobile phone, which is the most convenient way to refer to the book. For those with better memories this may not be such a big deal.

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