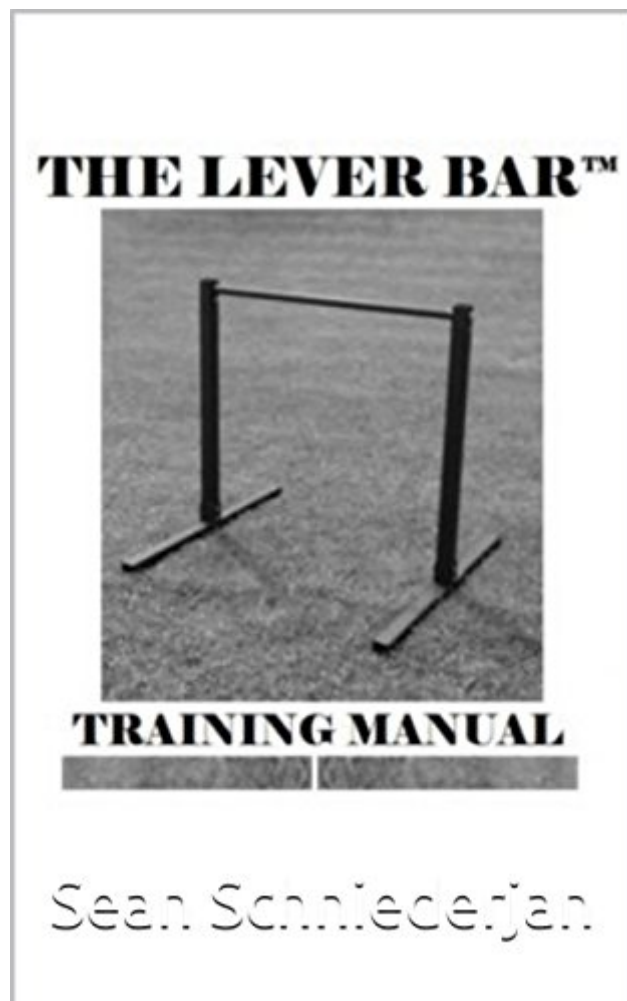


The book was found

The Lever Bar™ Training Manual: For Stronger, Leaner & Muscular Abs, Obliques & Lats In Minutes A Day From Home



Synopsis

NEW: Includes links to free 7 part video series on the Lever Bar®, and new ab and oblique exercises, and fun pullup progressions. If you want to replace belly fat with seriously strong muscle around your torso (abs, lats & obliques), check out Lever Bar® training. The Lever Bar® is a new tool in the classic bodyweight strength training tradition that makes world class core training easily accessible to anyone. Difficulty ranges from easy to "Mt. Everest" level difficult. Benefits of Lever Bar® training:- Get it Back or Get it Back Better- Replace Belly Flab/Fat with Muscle Around Your Torso • Abs, Lats & Obliques- Look and Feel Better In Two Minutes a Day From Home- Increase Testosterone and Your Natural Sex Drive- Develop a Fiercely Injury-Resistant Core and Back- Low Impact Exercises for Healthier Joints- Drastically Increase Ab & Rotational Strength - Strength from the Center- Increase Your Upper Body Pulling And Pushing Strength With One Simple Tool- Progress in Only Minutes a Day- Best Coach You've Ever Had • Stay Focused in Your Training by Varying the Same Theme (Abs/Lats/Obliques)- Challenge Yourself As You Chisel • Easy to • Mt. Everest • Difficult Progressions- Increase Pull-up Numbers and Overall Strength With Stronger Abs and Lats- Improve Hip Function- Increase Grip Strength and Muscle in Forearms The Lever Bar® is a new tool in the classic bodyweight strength tradition. This manual explains the exercises, progressions, trouble-shooting, and how to get a Lever Bar® if you don't have the right set up or you just want a quality piece of training equipment.

Book Information

File Size: 13377 KB

Print Length: 84 pages

Simultaneous Device Usage: Unlimited

Publisher: Strength Productions LLC (July 16, 2016)

Publication Date: July 16, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01ILDYW8I

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #56,139 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #7 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts #8 in Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts #10 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts

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

The Lever Bar™ Training Manual: For Stronger, Leaner & Muscular Abs, Obliques & Lats in Minutes a Day from Home How to Get Abs: More Fantastic Exercises That Will Help You Flatten Your Stomach and Reveal Those Sexy Abs (Health, Flat Abs, How to Get Abs, How to Get Abs Fast Book 2) The Men's Health Big Book of Exercises: Four Weeks to a Leaner, Stronger, More Muscular YOU! Abs and Core: The Suspension Abs Solution: 4 Simple Suspension Workouts That Will Help You Get Sexy Abs An Athletic Physique Shed Stubborn Fat Perform It Anywhere In 15 Minutes Or Less 7 Weeks to 300 Sit-Ups: Strengthen and Sculpt Your Abs, Back, Core and Obliques by Training to Do 300 Consecutive Sit-Ups Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body (Bodybuilding Books, Building Muscle, Weightlifting, Fitness Training, Weight Training, Lose Fat Book 1) 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) Weight Training: Muscle by Science: Your Simple Guide to Building a Muscular and Powerful Body (Build Muscle, Get Stronger, Workout, Gain Mass, Build Size, Gym, Weight Lifting, Exercise, Fitness) 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 Kettlebell Training: Rapid Muscular Enhancement and Athletic Development Using Kettlebell Only Training (Kettlebell Training and Workouts Book 1) 95 Recetas de Comidas y Licuados para Aumentar la Masa Muscular en Menos de 7 días: No Espere Mas para Aumentar su Masa Muscular (Spanish Edition) 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) The Year One Challenge for Women: Thinner, Leaner, and Stronger Than Ever in 12 Months Mastering the Life Plan: The Essential Steps to Achieving Great Health and a Leaner, Stronger, and Sexier Body Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body (The Build Muscle, Get Lean, and Stay Healthy Series) The Year One Challenge for Men: Bigger, Leaner, and Stronger Than Ever in 12 Months Peak Performance Shake and Juice Recipes for Soccer: Increase Muscle and Reduce Fat to Become Faster, Stronger,

and Leaner The Women's Health Big Book of 15-Minute Workouts: A Leaner, Sexier, Healthier You--In 15 Minutes a Day! 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)

[Dmca](#)