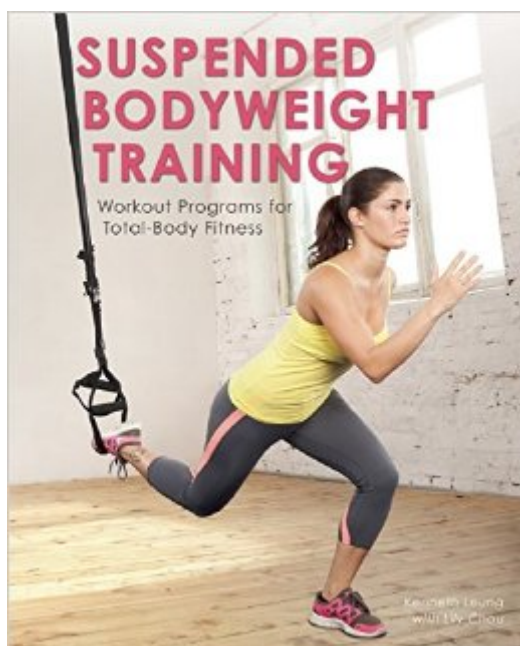


The book was found

# 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

Paperback: 128 pages

Publisher: Ulysses Press (February 3, 2015)

Language: English

ISBN-10: 161243410X

ISBN-13: 978-1612434100

Product Dimensions: 7.4 x 0.5 x 9.1 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (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.

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

Suspended Bodyweight Training: Workout Programs for Total-Body Fitness Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines) CROSS TRAINING: No BS Complete WOD Guide to: Lose Weight, Build Muscle, & Get Ripped (Strength Training, Exercise and Fitness, Bodyweight, Home Workout, Fat Loss Book 1) Calisthenics: Becoming A Greek God - Shredded Through Calisthenics And Street Workout (Bodyweight Training, Street Workout, Calisthenics) Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) Bodyweight Training: Rapid Muscular Enhancement Using Bodyweight Only Training The 90-Day Home Workout Plan: A Total Body Fitness Program for Weight Training, Cardio, Core & Stretching 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) Calisthenics: 80 Bodyweight Exercises See Results Faster Than Ever with the Definitive Guide to Bodyweight Training- 3rd Edition Strength Training Anatomy Workout II, The (The Strength Training Anatomy Workout) 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 Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body

Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) 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) Build Your Running Body: A Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathoners-Run Farther, Faster, and Injury-Free 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) 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) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Puppy Training: The Ultimate 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](#)