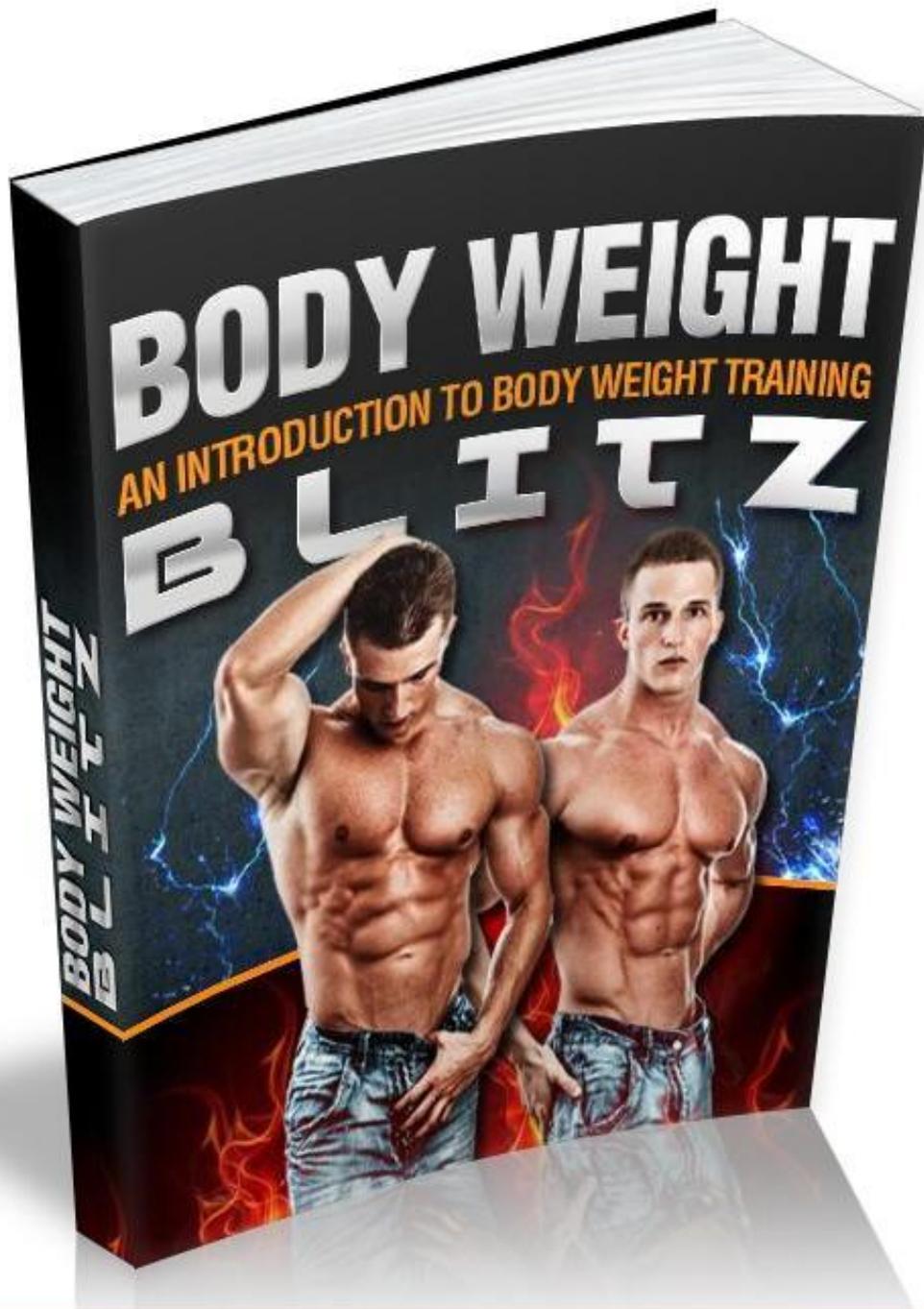


Body Weight Blitz



How You Can Easily Lose Weight and Eat All You Want

Step-By-Step: this is exactly how I did It!

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Table of Contents

Introduction..... 1

Chapter 1 - The Secret History of Bodyweight Training 7

Chapter 2 - First things First - Stretching and Warming Up
14

week 2– The Miracle of the Pushup and Dips . 20

Chapter 3 - Pull Up Power..... 27

Chapter 4 - Wheels of Steel - Leg Training without Weights
35

Chapter 5 - Back and Neck Bridges from the Wrestler's Tool
Box 41

Chapter 6 – Core Of Steel 48

Chapter 7 - Diet Ideas and How to Set up Your Schedule
..... 55

Conclusion - the Mind as a Muscle (positive thinking and
goal setting) 62

P.S. for the elite trainer - Advanced bodyweight exercises
..... 68

INTRODUCTION

Stamina and fitness building styles could become a dime a dozen. Those people who have had a glance behind the fitness industry scenes have frequently seen first hand what inspires it's gurus. It's not how to help folks get healthy, quick or experience vibrant health, but how to shovel more cash in their bank accounts.

Imagine if there were a proven fitness approach, that did not need any specific equipment, no gym membership or diet and supplement alternatives were just your own conclusion?

This could be terrible news for your health and fitness profiteers and amazing news for you would not it?

Welcome to Bodyweight Training.

This approach holds much more and all these qualities. From the time you're through with this lead you'll have all the advice you require to build a cut and strong you and you may really do it all in your living-room or backyard!

Fascinating is not it? You'll be even more excited whenever you find the end results!

Read on and also you'll find...

* Bodyweight Training is really a Brand-new Challenge. You might grown into among the many who is excited to comprehend what an exciting new challenge Bodyweight Training might be for those who have any form of gym experience. No more waiting for somebody to see you while you bench press, or messing around on the most recent fitness machine in the gym. Instead you'll be cranking out pushups and hitting the pull up bar in the door way. This is often quite refreshing trust me!

* Bodyweight Training Torch Body Fat. Missing your abs? Follow a Bodyweight Training only plan and also you'll locate your missing six pack very quickly. A lot folks get ultra shredded via Bodyweight Training only, with only minimal cardio.

* Bodyweight Builds Flexibility and Training Heals Injuries. Thumping the weights for year after year often leaves us with a laundry list of unhealed injuries. Many will instantly cure up once we change our training protocol and focus on Bodyweight Training only. Along with this the flexibility advantages could be compared to an initial Bodyweight Training method - yoga (which was initially used by Indian

warriors as a conditioning method!)

* Bodyweight Training Supercharges Endurance. Kiss the treadmill farewell. High repetition Bodyweight Training will build real endurance WHILE you build great looking muscle!

* Bodyweight Training Gets You Fit On A Budget. Apart from some education (which you're reading right now) you can train with no additional expense whatsoever. Need to save money? Now you can get fit without going near a gym if you don't pick also.

* **Bodyweight Training Builds Toughness.** Truth be told, the toughest men on earth train following Bodyweight Training virtually alone. Military elite units and special forces, fighters, wrestlers and mixed martial artists - even inmates on earth's most dangerous prisons. Bodyweight Training can cause you to get healthy, fit and tough too!

Well let's get into it, I am quite happy to have you here reading our guide, where I will do my best to open your eyes to an entirely new method of reaching your fitness goals. Be ready to think a bit from the box and you will never need to lift a weight again. The body of your own life awaits!

CHAPTER 1 - THE SECRET HISTORY OF
BODYWEIGHT TRAINING

I have already touched in the truth the bulk of the fitness "powers that be" would prefer that Bodyweight Training were brushed over and disregarded in favor of much less effective conditioning ideas. The truth is the fact that no other strength and conditioning approach has such a history of effectiveness. Going all the way back to ancient times and lasting until now.

Do not take my word for it. Here's some historical highlights of Bodyweight Training...

* The Indian Wrestling Cults. Did you know Indian wrestling for a sport (and near faith) goes back thousands of

years? Approaching modern MMA in its combination of hitting and grappling, Indian wrestlers developed extensive libraries of Bodyweight Training exercises, some revived within the last decade or so outside of India like the Hindu pushup and Hindu squat which we'll touch on afterwards in our guide. The physical art of Indian wrestlers is celebrated with well documented programs that contained over 500 push ups and 1000 squats per day, six days per week!

* The Spartan Warriors. For those who have ever seen a statue or painting of the Spartan warrior you'll likely have seen the film "300" was right in the mark by using their depiction of the Spartan physique. The Spartans lifted no

weights, but trained using complex Bodyweight Training strategies which left them with a still enduring reputation of being some of the best physical specimen to ever walk the earth.

* The Roman Gladiator. A distant cousin of the Spartan, Roman Gladiators applied similar training programs brought to them from the Greeks. Their results were equally remarkable.

* Charles Atlas and also the American Physical Culturalists. The notion of creating a healthy, fantastic looking and strong body first reignited in modern days at the beginning of the

1900's. Essentially the most famous and well known of these fitness enthusiasts was the celebrated Charles Atlas.

Charles, along with most of his own contemporaries, were dedicated Bodyweight Training promotes and constructed insanely athletically and well developed able bodies. Google Charles Atlas, Earle Liederman, Jack Lalanne or alternative fitness gurus in their age and marvel at what they could reach minus weights, anabolic steroids, supplements as well as complex diet ideas!

* Modern Military Spec Ops. In the American Navy Seals for every special forces and the British RAF group in between has been assembled on a foundation of pull ups, push ups,

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