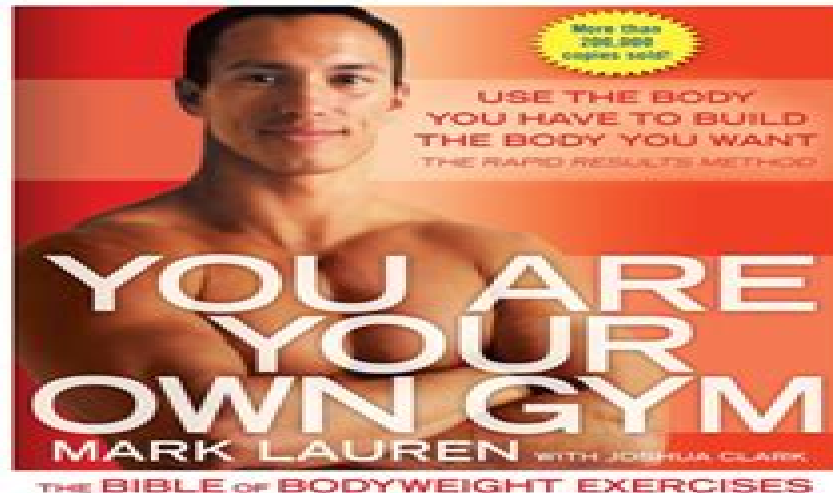


You Are Your Own Gym: The Bible of Bodyweight Exercises



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world Start with yourself If you really want to make a difference in the lives of others make a difference in your own life first Put yourself first and foremost in all decisions While selfless giving and altruism may pull at the heartstrings there is a caveat it comes at your expense Discover a better and more sustainable way to improve the well being of others Who would have thought that to help others the first thing you have to do is help yourself **Body by You** Mark Lauren, Joshua Clark, 2013-01-01 BURN FAT NOT TIME The ultimate get in shape fast at home no equipment required program designed especially for women from the ultra fit Special Operations trainer and author of You Are Your Own Gym Say goodbye to long tedious hours at the gym and boring muscle depleting cardio exercises Elite trainer and fitness guru Mark Lauren is here to show you that the best and only equipment you need to get in shape is free and always accessible your own body This quick and easy program will save you time money and maybe your life In less than thirty minutes three times a week and with no machinery or weights you can achieve the toned arms flatter abs tighter buns and killer legs you ve always wanted You won t build bulk you ll build strength and turn your body into a fat burning machine Featuring 120 different exercises in five movement categories Pulling Squatting In Line Pushing Perpendicular Pushing and Bending and with three ascending levels of difficulty Body by You ensures that you ll never get bored by the same static workout And with such a small time commitment less than one percent of your time every week it is a fun program that can be effortlessly incorporated with your work and family plans With Mark Lauren as your motivational guide and nutritional coach Body by You will help you meet your individual fitness goals Ultimately it s not about moving through the gym with ease it s about moving through your life with ease leaner stronger more confident and with more energy *Bodyweight Exercise Bible* Anthony Anholt, 2013-06-13 Discover How The Bodyweight Training Revolution Can Transform You Into A Super Fit Vibrant Head Turner Never underestimate the power of dreams and the quickest route there is through a system of bodyweight exercises Why bodyweight Think of the physiques you really admire whether they be dancers gymnasts or marital artists Think of the ancient Greek ideal as represented by Michelangelo s David They all represent the epitome of human potential and yet none of them achieved this greatness by using weights or fancy equipment Don t you think it would be wise to follow their example When you learn to train naturally with the exercises shown in The Bodyweight Exercise Bible you will begin your journey to this ideal Bodyweight workouts allow you to train your body as an integrated system as nature intended Your muscles are meant to work together in a functional way Training this way will get you in amazing shape while saving you time and money as well Here are just some of the advantages that you will derive once you start training naturally with bodyweight exercises By using your whole body to train fat will melt off you like butter under a blowtorch Your energy levels will go through the roof You ll feel more relaxed and be much happier Bodyweight workouts can be done anywhere at anytime You ll save money and time on gym fees and travel Your athletic skills in any sport will improve You ll become less susceptible to injury You ll gain shapely attractive muscle as opposed to big ugly unnatural muscle Your internal organs like your heart lungs and other

body organs will improve in their efficiency You ll regain your youthful metabolism by using strength training to burn fat These exercises will help you build strength flexibility agility and endurance at the same time You ll become the dynamic alive person you always wanted to be The Bodyweight Exercise Bible is built around four exercises that can be done in under 15 minutes a day with routines that are suitable for beginner intermediate and advanced fitness levels When these exercises are mastered this program contains 45 additional exercises to keep your workouts varied challenging and interesting No matter what your age or current physical condition The Bodyweight Exercise Bible can help you reach the next level Get this book and start transforming yourself and your life today

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Second Firsts Christina Rasmussen, 2019-05-21 A widow and therapist explores grief loss and our innate resilience in this updated guide drawing on neuroscience and personal experience to lead the bereaved through the five stages of healing After studying to become a therapist and crisis intervention counselor even doing her master s thesis on the stages of bereavement Christina Rasmussen thought she understood grief But it wasn t until losing her husband to cancer in her early 30s that she truly grasped the depths of sorrow and pain that accompany loss Using the knowledge she gained while wading through her own grief and reading hundreds of neuroscience books Rasmussen began to look at experiences in a new way She realized that grief plunges you into a gap between worlds the world before loss and the world after loss She also realized how easy it is to become lost in this gap In Second Firsts Rasmussen walks you through her Life Reentry process to help you break grief s spiral of pain so you can stop simply surviving and begin to live again She shows you that loss can actually be a powerful catalyst to creating a life that is in alignment with your true passions and values The resilience strength and

determination that have gotten you through this difficult time are the same characteristics that will help you craft your wonderful new life Her method which she has used successfully with thousands of clients is based on the science of neuroplasticity and focuses on consciously releasing pain in ways that both honor suffering and rewire the brain to change your perception of the world and yourself Using practical exercises and stories drawn from her own life and those of her clients Rasmussen guides you through five stages of healing that help you open up to new possibilities From acknowledging your fear to recognizing where you stand now to taking active steps toward a new life Rasmussen helps you move past the pain and shows that it s never too late to step out of the gap and experience life again as if for the first time

The Roller Derby Athlete Ellen Parnavelas,2013-03-01 A complete introduction to the exciting world of roller derby including how to play the game strategy training fitness and nutrition Roller derby is a unique fast paced female dominated sport that is taking the world by storm It originated in the USA in the 1930s but it is the revival that began in 2001 that has inspired this new book Roller derby has become one of the world s fastest growing new sports and there are now more than 1000 leagues worldwide in the USA Europe Australia and New Zealand Latin America and Asia with new adherents coming to the sport all the time As the popularity of roller derby has grown the demand for information about the sport and how to play it has grown too As leagues become more experienced and players more advance tactics and game play have grown in sophistication There are many online forums and social networking sites devoted to training tactics fitness and nutrition but up till now no single source which gathered all the information together Chapters include An introduction to the game its history and rules How to play the game strategy and tactics Fitness requirements strength endurance and plyometric exercises for balance Training practical training programmes both on and off skates Nutrition what to eat before and after training meal suggestions and supplement The female athlete specific training advice for women Profiles of well known roller derby players who share their top tips in all the above categories The introduction has been written by Suzy Hotrod one of roller derby s most renowned players and there is plentiful advice from many of the sports leading players

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