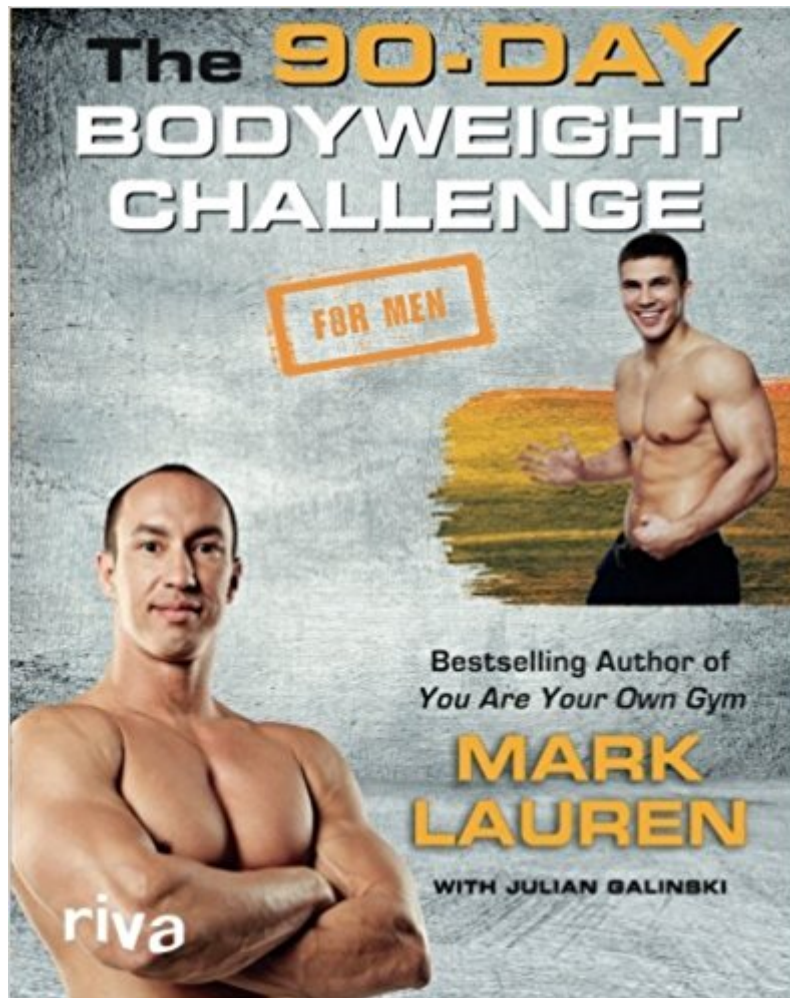




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The 90-Day Bodyweight Challenge For Men



Synopsis

The 90-Day Bodyweight Challenge for Men is one of the most efficient and successful fitness plans of our time. You can finally achieve your fitness goals and make lasting positive change in your life with this step-by-step program. Millions of people across around the globe train using Mark Lauren's proven formula, which harnesses the power of your own body via bodyweight resistance. There's no need for fancy equipment or expensive gym memberships. With this book, you can work out any time, any place. This new intensive program is even easier to follow and specially designed to give you maximum results in just three months. You don't need to research exercises and put together a training plan by yourself: each day, The 90-Day Bodyweight Challenge for Men tells you exactly what to do. It also provides you with a tailored diet plan and lifestyle tips from fitness guru and bestselling author Mark Lauren. Now it's up to you! In just 90 days, you will be astonished at the difference bodyweight training, proper nutrition, and a winning attitude can make to your body and your life.

Book Information

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Customer Reviews

As a certified physical training instructor in the U.S. military, Mark Lauren prepared more than 700 elite Special Forces soldiers for active duty. Mark is constantly on the move, as his work takes him around the world wherever he is needed as a trainer and instructor. His books and DVDs are global bestsellers.

I cannot say enough about how much I love this book. It is written in common-sense, plain English, but it its shear brilliance. I've worked out my whole life; this changed how I think and what I do. Get

it. Do it.

There is something about Mark Lauren that'll get you working out and motivated!

Rockin' workouts and sound philosophy. Great material all around.

Great book. Well written and simple to follow in plain English. Very practical.

Just because an exercise is done with bodyweight doesn't mean it is functional. Some of these exercises are just plain weird and would never be useful in real life. And they can be hard on the lower back. I've purchased all of Mark's books but the only one that I still refer back to is Body By You. If I'm going to do body weight workouts going forward I'll stick with standard variations of pushups, pullups, rows, and squats..

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