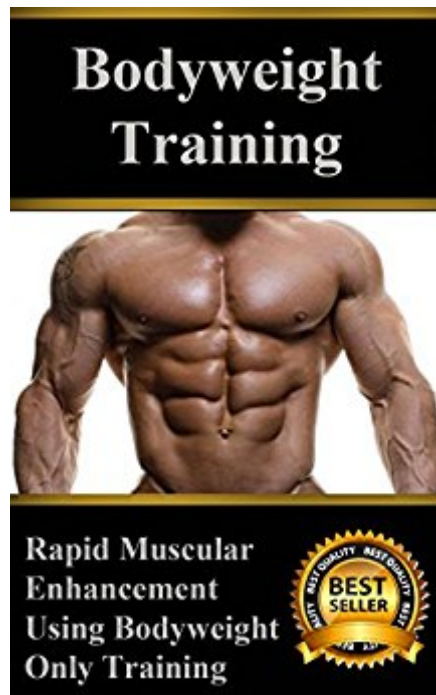


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# Bodyweight Training: Rapid Muscular Enhancement Using Bodyweight Only Training



## Synopsis

The Most Effective and Complete Guide to Bodyweight Training, Muscle Growth, and Athletic Development From Olympic Gymnasts to Prison Inmates, bodyweight exercises are used to rapidly increase strength and muscle mass. It does not matter whether you are an aspiring Olympian or the average guy looking to build some serious muscle mass, body weight training can get you there if it's done correctly! Unfortunately the correct programming of bodyweight training is completely misunderstood by the majority of athletes and coaches. Throughout my years of coaching and consulting with some of the best athletes and Olympians in the world, I have documented how to correctly implement bodyweight training in order to achieve stunning results. Rapid muscular enhancement and strength development can be accomplished using the methods you are about to learn. These programs are highly effective, and more importantly can be done anytime anywhere. You are not required to have a gym membership or any expensive equipment (though a pull-up bar will help). All you need to bring to the table is hard work and dedication; this program will do the rest. You Will Learn: 1) How to Increase Strength Using Advanced Leverage Techniques 2) Rapid Muscle Growth Strategies 3) The Keys to Superior Athletic Development and Body Control 4) Hit Training for Rapid Muscular Enhancement and Fat Loss 5) Conditioning and Cardiovascular Workouts 6) Diet and Nutrition for Fast Recovery and Mass Gain 7) Example Bodyweight Programs and Variations 8) Lessons from the Greats - The Training Programs used by some of the Greatest Athletes of all Time - Including Mike Tyson, World Champion Wrestlers and Olympic Gymnasts. 9) Much, Much, More!

## Book Information

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## Customer Reviews

Review - Body Weight Training Jason Scott "Body Weight Training" by Jason Scott is a simple little (44 pages) book with a big impact. Jason takes three basic facts: 1) To gain mass the lifter must lift more volume 2) when body weight lifting the only two ways to increase difficulty is by increasing reps or changing the angles of the body's levers. And 3) good weight lifting programs are very simple. Jason does go through some other principles of body weight lifting, but these are mostly not related to the central themes of the book. Jason starts with 2 huge, respected body weight lifters, Gama of India and Mike Tyson of boxing fame. Jason states both used a very limited number of exercises in gaining their mass and their strength. Tyson did include other exercises like dips, shrugs, and wrestlers bridges (no weights till after his stint in prison). Gama included lifting odd heavy objects like stones. Both included some cardio work, and actually training for their sports (wrestling or boxing). Based on the two programs of Gama and Tyson, Jason lays out a challenging, extremely simple "mass" program of vertical pulls, vertical pushes and lots and lots of body weight squats. Then Jason wants to add a strength program of L-sits and bar hangs. Jason likes sprints for cardio and suggests 2 different approaches to sprints. Jason also suggests a brief pulse increasing warmup and a post workout deep stretch program. Thus with basically 5 exercises, Jason says you will add both mass and strength. Are there comparable programs? When I was doing Wade's "Convict Conditioning 1," I hit 100 of both squats and pushups and was gaining in mass and strength. I did not do as well on the other 4 of Wade's exercises.

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