



**Bodyweight Training: Bodyweight Cross Training  
WOD Bible: 220 Travel Friendly Home Workouts  
(Bodyweight Training, Bodyweight Exercises,  
Strength Training, ... Bodybuilding, Home  
Workout, Gymnastics)**

*P Selter*

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## **No Gym Equipment? No Worries – Build Your Body On A Budget! (Photos Included!)**

**Obliterate Fat, Build Muscle, Get Strong & Increase Endurance With Bodyweight Training At Home, While You're Travelling or Anywhere For That Matter!**

*Regardless of your gender, age or current fitness level you're about to learn how to build a fit and healthy body without any expensive gym memberships or overhyped workout equipment.*

*Olympic Gymnasts, Prison Inmates & Spartan Warriors harnessed the power of bodyweight exercises to build the body of their dreams, now you can too!*

## **Here Is A Preview Of What You'll Learn Inside...**

- **A Comprehensive List Of The Health Benefits Of Cross Training**
- In Depth Terminology To Help You Understand And Master Exercise & Workout Abbreviations
- **An Explanation Of What Bodyweight Training Actually Is**
- Benefits Of Bodyweight Training Revealed **\*\*MUST READ\*\***
- **The Essential Principles Of Bodyweight Training To Transform Your Physique**
- Bodyweight Exercises Explained With Photos & Correct Form
- **220 Bodyweight Workouts Suitable For Everyone From Beginners to Experts**
- Much, much more!

Hurry! For a limited time you can download "Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workouts"

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Tags: Cross Training, WODs, WOD Bible, Build Muscle, Fat Loss, Increase Endurance, Bodyweight Exercises, Bodyweight Training, Bodyweight Workout, Bodyweight Strength Training, Bodyweight Fitness, Bodyweight Bodybuilding

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