



The Beginner's Guide to Body Weight Exercises

Sean Donnelly

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Bodyweight exercises can take any strength and conditioning program to the next level, but it's difficult to know where to start. This simple and to the point guide presents a comprehensive manual to bodyweight exercises.

In this short, simple, and to the point book, we explain the exercises and recommend sets and repetitions. But the rest is up to you. So are you up for the challenge?

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