

The book was found

MUSCLE MASS Without A Gym: Gain Monkey Strength In 10 Minutes A Day Twice A Week With Bodyweight Exercise

MUSCLE MASS

Without A Gym

Gain Monkey Strength In 10 Minutes a Day
Twice a Week with Bodyweight Exercise



By G.S. Luthra



Synopsis

****ATTENTION HARD GAINERS**** Hey You! Are You Skinny & Don't Have Time? Find Out How to Build Muscle Without Going to The Gym! Now You Too Can Learn How to Gain Muscle Mass Without Weights, Protein Shakes, Or Crash Diets! Are you sick and tired of failing to get the muscles you want? Do you cringe when you look at the mirror at your wimpy physique? Would having a strong muscular body boost your confidence with women? Then boy, do I have something for you. Now anyone can quickly gain MUSCLE MASS Without A Gym using body-weight exercises. It works by doing your max reps every workout, but distributes it over two sets using fixed percentages with continued progression. Just Give me 2 Days a Week and I'll Make You a New Man! Ever wonder how pro athletes train? Sports science is clear, high tension delivers and it does not depend on time. You are literally throwing money down the drain by going to the gym. You can get the same work done in the time it takes to drive there, think about that! All you need is 20 minutes per week, because when you perform the high intensity exercises, you get the anabolic growth effect in just two sets of Two Exercises. Imagine walking through the halls at your job or school with confidence as your pecs stick out and head held high. How would that affect your life? For Me, College Became A Lot More Fun, But It Wasn't Always Like This Growing up, I was always skinny. Even though I had the appetite of a hippo, putting on mass was always a challenge. I exercised, played sports, lifted weights, but I always stayed within the same weight range. Now however, is different. The gains came so fast, I outgrew my new clothes! And The Results Were Amazing Swinging a 30-pound dumbbell for 50 reps nearly killed me, but now I do a hundred without strain. Running down the soccer field used to give me a straining headache, feeling as though I was going to collapse, yet now I gallop through like a gazelle! My punches and kicks had more power. In one semester, I went through two punching bags. The first time the college replaced it, but the second time around, they were wondering who the heck was destroying their equipment! Plus, the added female attention wasn't bad either. Girls would watch as I would pummel the bag shirtless. As a matter of fact, it's become somewhat of a pain as I have to be careful where I go as to avoid attracting drooling eyes! The Gains Kept coming despite Maniac Stress, Limited Food, and Lack of Sleep I built this bulk with a 120 mile daily commute to school, studying mind racking courses such as organic chemistry, doing MBA level projects, and writing a 25+ page marketing plan for a company. This was all done while running a business of my own. Being an entrepreneur all by yourself is work a lot of work. There were many late working nights, sacrificing adequate sleep.

7 Reasons You Should Avoid Gyms

They're expensive & can cost hundreds or more! They're dirty &

don't let the modern looks mesmerize you, germs are everywhere! Avoid embarrassment if you're most likely not strong enough yet to lift big weights. Time consuming waiting for equipment, driving, changing, etc. They smell like people's sweat isn't exactly an alluring aroma. Where you go and whom you associate with matters. It can literally make you or break you which is why solitary training is better. Gyms these days are not the same they used to be. Even the famous Charles Atlas gave up going to the gym and used his Dynamic Tension exercises in solitude to become "The Most Perfectly Developed Man." If a College Geek Can Build 50lbs of Muscle Without Weights, What Can You Do? Consider my situation: I had limited food. Dealt with maniac stress. Worked like a mad man running a business. No protein shakes. No gym or weights. If I can do it, YOU CAN TOO!

Book Information

File Size: 4426 KB

Print Length: 119 pages

Publisher: G.S. Luthra Creations (July 21, 2017)

Publication Date: July 21, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B0745PFSZB

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #105,541 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #20

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Quick

Workouts #54 in Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts

#78 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Men's Health

Customer Reviews

This book was very easy to read and interesting. The instructions on how to do the recommended exercises were clear with accompanying pictures. The schedule presented within the book also

provides a helpful template outlining which days of the week to do the various exercises and when to have breaks. It is definitely a great book for anyone looking to exercise using bodyweight exercises at home rather spending a long time lifting heavy weights at the gym.

Very practical book with instructions that are simple to follow. Do the exercises, followed by the stretches. If you need diet advice as well, this book has it. PERFECT for time strapped people.

[Download to continue reading...](#)

MUSCLE MASS Without A Gym: Gain Monkey Strength in 10 Minutes a day Twice a Week with Bodyweight Exercise
Bodyweight: Bodyweight Bible: 44 Best Exercises To Add Strength And Muscle (Bodyweight Training, Bodyweight Exercises, Bodyweight Bodybuilding, Calisthenics, ... For Beginners) (Bodybuilding Series)
Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength)
Bodyweight Training: Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workouts (Bodyweight Training, Bodyweight Exercises, Strength Training, ... Bodybuilding, Home Workout, Gymnastics)
Calisthenics: Bodyweight Training Guide; Get Strong, Fit, and Flexible in Only 15 Minutes per Day with Bodyweight Training, Bodyweight Exercises, and Calisthenics
Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines Book 1)
The Nature Physique: Bodyweight + Resistance Band Exercise Guide: (The #1 Guide on How to Look Great Without a Gym) (Nature Physique Fitness)
The Complete No B.S. How-to Guide on Bodyweight Training: The 120 Best Bodyweight Exercises for Men & Women to Get Ripped, Lean and In-Shape at Home with No Gym
Calisthenics: Calisthenics Guide: BodyWeight Exercises, Workout Progression and Training to Be Fit (Calisthenics, Calisthenics Bodyweight Workout, Calisthenics ... Workout, Bodyweight Exercises Book 1)
Calisthenics: Take Control of Your Own Body Using These Bodyweight Principles - Increase Your Strength and Build Muscle Mass Rapidly
SLOW MOTION WEIGHT TRAINING - FOR MUSCLED MEN & CURVIER WOMEN - FASTER MUSCLE GAIN AT HOME OR GYM - HOW TO VIDEO LINKS INSIDE (Weight Training, Bodybuilding) (HOW TO BOOK & GUIDE FOR SMART DUMMIES 2)
Bodybuilding: The Straightforward Bodybuilding Diet Guide to Build Muscle, Build Strength and Put On Mass Fast As Hell (Fitness, Bodybuilding Nutrition, ... diet books, weight loss, strength training)
Bodybuilding: 48 Bodybuilding Secrets Proven To Help You Build Muscle, Build Strength And Build Mass In 30 Days Or Less (bodybuilding, fitness, strength training, bodybuilding training)
Speak in a Week! Italian Week One [With Paperback Book] (Speak in a Week! Week 1)

(Italian Edition) Build Muscle Without Weights: The Complete Book Of Dynamic Self Resistance Training Exercises (burn fat, abs, muscle building, exercise workout 7) Bodybuilding: Gym Bible: 48 Best Exercises To Add Strength And Muscle (Bodybuilding For Beginners, Weight Training, Bodybuilding Workouts) (Bodybuilding Series Book 1) Calisthenics: The True Bodyweight Training Guide Your Body Deserves - For Explosive Muscle Gains and Incredible Strength (Calisthenics) Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) Calisthenics: The True Bodyweight Training Guide Your Body Deserves - For Explosive Muscle Gains and Incredible Strength Calisthenics: 30 Minutes to Ripped - Get Your Dream Body Fast With Body Weight Exercises and Calisthenics (Calisthenics, Body Weight Training, Bodyweight Strength)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)