



Strong Anywhere - The World Is My Gym - The Definitive Guide To Bodyweight Strength Training

Simon Boulter

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The largest collection of bodyweight strength training exercises ever published.

A middle finger to everything that is wrong with the fitness industry today, Strong Anywhere unapologetically marches to the beat of a different drum, with a no nonsense yet uncommon approach to building a brutally strong body, containing the most effective underground core strength techniques that exist.

Strong Anywhere is a progressive approach to bodyweight strength training, Simon Boulter has put together material that will help any man or woman build strength, power and athletic ability anywhere, any place, any time.

You won't have to pay expensive gym membership fees, you won't have to queue up and wait for gym equipment, you'll also have the convenience of training at home or exercising outdoors in the fresh air and sunshine. You won't need to travel to the gym, deal with parking or have any bulky equipment taking up space at home.

You can train anywhere at any time, as your body is with you everywhere you go and it is the ultimate gym.

The methods in this book can be implemented in your back yard, in your living room, bedroom, in a hotel room on vacation, literally anywhere.

This is how nature intended you to train, you don't need a gym, weights or fancy equipment, you have everything you need right now. The world is your gym, and your body is your membership card. You can get strong anywhere and this book will show you how.

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