

You Are Your Own Gym: The Bible Of Bodyweight Exercises By Mark Lauren

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In Conclusion: You Are Your Own Gym is NOT a diet plan. Nor is it a body building book. It is what it says it is: The Bible of Bodyweight Exercises for Men and Women

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You are your own gym - 100 rep challenge

There are a number of sections dotted throughout YOU ARE YOUR OWN GYM that reference studies, facts and information to back up the methods.

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Mark Lauren @ yourowngym. Author of You Are Your Own Gym; The Bible of Bodyweight Exercises. Use the body you have to build the body you want! It's fitness made simple.

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Genre/Form: Electronic books: Additional Physical Format: Print version: Lauren, Mark, 1972-You are your own gym. New York : Ballantine Books Trade Paperbacks, 2011

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You Are Your Own Gym: The Bible of Bodyweight Exercises by Mark Lauren (595 customer reviews) See this book on Amazon.com. 15 customers have Public Notes

Illustrated bodyweight exercises: fast, effective

Mark Lauren, author of You Are Your Own Gym: The Bible of Bodyweight Exercise for Men and Women (Ballantine, 2011), doesn't train movie stars.

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Mark Lauren. Mark Lauren trained US Special Forces operatives for over a decade and revolutionised the US army's training regimes. During that time he effectively

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