



HomeMade Muscle: All You Need is a Pull up Bar (Motivational Bodyweight Workout Guide)

Anthony Arvanitakis

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#1 International Bestseller in Amazon's Men's Health Category

A true story that will motivate you to get in the best shape of your life with a proven, simple and do-anywhere bodyweight exercise program. Prepare yourself for a touching story of a journey into a true hero's deepest despair to his ultimate triumph. One of the most amazing stories you will read that will take you through Anthony's tragic life-changing event.

From his darkest moments to the turning point when he made the most courageous life-altering decision - having his leg amputated. From a long recovery to finally reaching a place of peace, fulfillment and the best physical shape ever imagined.

This book offers lessons of how to maneuver your way around life's obstacles in order to achieve your greatest bodyweight and strength training accomplishments all just by utilizing the miraculous tools (a/k/a "your own personal body") that you have been already given. It will inspire you to face the most daunting challenges and fears you could imagine with strength and courage resulting in confidence, fulfillment, and most importantly, a healthier you! The exercises in Anthony's program are self-tested and proven successful. Anthony will walk you through every phase of his exercise program to train you on proper form, technique, diet, nutritional supplements do's and don'ts, training video's and much more. This program will help you increase your strength, burn fat and define your muscles.

For those who would rather not invest in expensive gym memberships and the hassles the gym brings, Anthony's program offers convenience, clear instructions and endless tips, tricks and advice on how to reach the pinnacle of your strength training! Anthony has a special innate quality like none other that will encourage you every step of the way.

Included in this book

HomeMade Muscle contains a step-by-step blueprint for becoming strong and lean without going to the gym. In this ebook you will find out:

- **Video Tutorials:** Exercise guides, progressions and variations for every level.

- **Muscle-building exercises** Which are the best muscle-building bodyweight exercises
- **How to get that Six-pack:** Tips, tricks and the best bodyweight exercises for a flat defined stomach
- **Arms, Chest and Back:** Which are the most important bodyweight exercises for developing your arms, chest and back muscles
- **Which diets really work** How to lose weight without starving yourself to death
- **Which supplements work:** you need supplements to build a lean and mean physique? Which ones work according to science.
- **Motivation & Goal-setting tips:** How to stay motivated, overcome Injury, Illness and Extended Life Challenges

Get started today

Stop making excuses...

Stop being hassled into lifetime gym memberships...

Stop overanalyzing your workout routine....

Build the body you want by using the body you already have.

Would you like to learn more?

Download HomeMade Muscle and get motivated to start your own journey to a stronger and healthy body.

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Donald Chapin:

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