

The book was found

# HomeMade Muscle: All You Need Is A Pull Up Bar (Motivational Bodyweight Workout Guide)



## Synopsis

#1 BEST SELLER! (In both kindle's Men's health and Weight loss categories) 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 and don'ts, training videos 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. Scroll to the top of the page and

click on the buy button

## Book Information

Paperback: 228 pages

Publisher: CreateSpace Independent Publishing Platform; 1 edition (May 20, 2015)

Language: English

ISBN-10: 1512366404

ISBN-13: 978-1512366402

Product Dimensions: 5 x 0.5 x 8 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ Â See all reviewsÂ (126 customer reviews)

Best Sellers Rank: #43,166 in Books (See Top 100 in Books) #54 inÂ Books > Health, Fitness & Dieting > Men's Health > General

## Customer Reviews

I was in a pretty severe accident about 10 months prior to purchasing this book. I had been t-boned by a motorcyclist speeding excessively. I sustained six broken ribs, fluid in the lungs, an injured spleen, and more. It took 4 months to recover, and the experience was excruciatingly terrible on so many levels. Like the author here, I am a lifelong athlete. I played competitive sports like Ice Hockey, and I made a career of my love for sports by teaching physical education. I also lived in Greece for a couple years when I was young, so I can relate to the lovely weather and ability it provides for an active lifestyle. So when I found out what this book was about and the story of the author, I knew I had to read it as I was struggling to get back on my feet and back to exercising. The courage it must have taken for the author to write this is unreal. The sheer detail of the accident and recovery is mind numbing. I was captivated as I read the story, and I felt like I was there. But the way he persevered and decided to move forward is inspiring. Having been through a life altering accident myself, his courage gave me some courage and made me feel not alone. Then to read about the project he created to help people be healthy was even more inspiring. Here is a guy who could have drowned in his sorrows, and he decided to turn it into a positive. By the time I got to the portions on exercise, I already felt I was in trusting hands. The layout of the book is great. The way the chapters build on each other lets you slowly understand the points being made. Each idea builds on the next. Also the thoroughness of the information is amazing. For example, the section on the gym vs. home workouts makes the case for home so well.

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

HomeMade Muscle: All You Need is a Pull up Bar (Motivational Bodyweight Workout Guide)  
Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide -  
Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout  
Routines) Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates  
Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body,  
Total Fitness) Calisthenics: Becoming A Greek God - Shredded Through Calisthenics And Street  
Workout (Bodyweight Training, Street Workout, Calisthenics) CROSS TRAINING: No BS Complete  
WOD Guide to: Lose Weight, Build Muscle, & Get Ripped (Strength Training, Exercise and Fitness,  
Bodyweight, Home Workout, Fat Loss Book 1) Cross Training WOD Bible: 555 Workouts from  
Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat  
Loss, Bodybuilding, Home Workout, Gymnastics) Motivational Interviewing: Helping People  
Change, 3rd Edition (Applications of Motivational Interviewing) Motivational Interviewing, Third  
Edition: Helping People Change (Applications of Motivational Interviewing) Motivational Interviewing  
in Health Care: Helping Patients Change Behavior (Applications of Motivational Interviewing  
(Paperback)) Motivational Interviewing in Diabetes Care (Applications of Motivational Interviewing  
(Paperback)) Motivational Interviewing in Nutrition and Fitness (Applications of Motivational  
Interviewing (Hardcover)) Motivational Interviewing in Health Care: Helping Patients Change  
Behavior (Applications of Motivational Interviewing) by Rollnick, Stephen, Miller, William R., Butler,  
Christopher C 1st (first) Edition (2008) Motivational Interviewing in Health Care: Helping Patients  
Change Behavior (Applications of Motivational Interviewing) Calisthenics: 80 Bodyweight Exercises  
See Results Faster Than Ever with the Definitive Guide to Bodyweight Training- 3rd Edition 7  
Weeks to 50 Pull-Ups: Strengthen and Sculpt Your Arms, Shoulders, Back, and Abs by Training to  
Do 50 Consecutive Pull-Ups Weight Training: Muscle by Science: Your Simple Guide to Building a  
Muscular and Powerful Body (Build Muscle, Get Stronger, Workout, Gain Mass, Build Size, Gym,  
Weight Lifting, Exercise, Fitness) Bodyweight Training: Rapid Muscular Enhancement Using  
Bodyweight Only Training Homemade Repellents: 21 Natural Homemade Insect Repellents for  
Mosquitos, Ants, Flies and all the other Pests (Travel Insect Repellent, Organic Insect Repellent, ...  
Homemade Repellents, Natural Repellents) The Bodybuilding Cookbook: 100 Delicious Recipes To  
Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss  
Cookbook Series) Intermittent Fasting: Everything You Need to Know About Intermittent Fasting For  
Beginner to Expert - Build Lean Muscle and Change Your Life (Lean Lifestyle, Lean Muscle, Lose  
Fat)