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The Ultimate Guide to Bodyweight Conditioning

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The Ultimate Guide to Bodyweight Conditioning is the fifth book in this series. Here you'll learn how to become a conditioning machine using just your own bodyweight to do it. Here's some of what you'll gain inside this manual.

The "Myths" of Cardio Training and What to Do Instead

The 7 Never Quit Conditioning Principles

The 3 Conditioning Sets for Everything from Explosiveness to Long Endurance

The 4 Training Styles (Don't Fall into the One Kind Trap)

Then we get into the exercises including squats, jumps, burpees, jump rope, running, hill sprints, circuit training and more.

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