



**Bodyweight Training Box Set: 33 Useful Tips to Increase Muscle Growth and Boost Your Endurance in Less than 4 weeks plus Clean Food Diet Meal Plan That ... clean food diet avoid processed foods)**

*Kathy Stevens, Michael Green*

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## **BOOK #1: Bodyweight Training: 33 Useful Tips to Increase Muscle Growth and Boost Your Endurance in Less than 4 weeks**

**“Bodyweight Training”**-33 Useful Tips to Increase Muscle Growth and Boost Your Endurance in Less than 4 weeks is a complete guide book stating all the important facts required for you to achieve rapid and effective results from your body weight training. The book has compiled from extensive research and each of the guidelines provided are supported by scientific studies and factual data. These amazingly valuable tips will offer you an entirely powerful yet simplistic routine. The tips are easy to grasp and each step has been explained in detail to avoid any kind of confusion.

Prepare yourself to witness an amazing change in your body’s fitness levels along with the increase in your endurance. Discover all the secrets to instant muscle growth. It will serve as a perfect road map to a wonderful journey of body weight training.

### **It covers the following aspects in detail:**

- How to kick start bodyweight training?
- Best possible warm ups for your body building workouts
- What diet to compliment your bodyweight training?
- Utilization of supplements for building lean muscles
- Boosting your body endurance rapidly

## **BOOK #2: Clean Food Diet: Effective Clean Food Diet Meal Plan That Will Keep You Healthy, Energized, and Fresh**

If you are considering changing your eating lifestyle, this book, Clean Food Diet: Effective Clean Food Diet Meal Plan That Will Keep You Healthy, Energized, and Fresh, is the one for you! Learn how processed foods have infiltrated our diets and how to eat clean for health, and to lose or maintain weight. Unlike other

diets, the clean foods diet is a simple, back to basics approach for changing the way you eat giving you renewed energy, and a fit, healthy body. This book offers you a step by step guide, including helpful personal explorations gauging your readiness for this exciting change, and some quick and easy recipes that will make your mouth water.

### **Here is what you will learn after reading this book:**

- Why are processed foods bad for you?
- Reading labels – checking for additives in the foods you eat
- Are you ready for a change? Ten insightful questions
- What is a “clean food diet”?
- Why is water an important element in your diet?
- Fun ways to incorporate water in your diet every day
- How to incorporate clean fruits, vegetables, meats, grains and beverages into your eating lifestyle and eliminate processed foods

## **Getting Your FREE Bonus**

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

Download your copy of "*Bodyweight Training Box Set*" by scrolling up and clicking "**Buy Now With 1-Click**" button.

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#### **Brian Alexander:**

The book Bodyweight Training Box Set: 33 Useful Tips to Increase Muscle Growth and Boost Your Endurance in Less then 4 weeks plus Clean Food Diet Meal Plan That ... clean food diet avoid processed foods) can give more knowledge and information about everything you want. So why must we leave a very important thing like a book Bodyweight Training Box Set: 33 Useful Tips to Increase Muscle Growth and Boost Your Endurance in Less then 4 weeks plus Clean Food Diet Meal Plan That ... clean food diet avoid processed foods)? Wide variety you have a different opinion about reserve. But one aim in which book can give many facts for us. It is absolutely suitable. Right now, try to closer with your book. Knowledge or details that you take for that, you could give for each other; you are able to share all of these. Book Bodyweight Training Box Set: 33 Useful Tips to Increase Muscle Growth and Boost Your Endurance in Less then 4 weeks plus Clean Food Diet Meal Plan That ... clean food diet avoid processed foods) has simple shape but you know: it has great and big function for you. You can seem the enormous world by wide open and read a guide. So it is very wonderful.

#### **Emma Anderson:**

This Bodyweight Training Box Set: 33 Useful Tips to Increase Muscle Growth and Boost Your Endurance in Less then 4 weeks plus Clean Food Diet Meal Plan That ... clean food diet avoid processed foods) book is simply not ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book will be information inside this publication incredible fresh, you will get details which is getting deeper a person read a lot of information you will get. This kind of Bodyweight Training Box Set: 33 Useful Tips to Increase Muscle Growth and Boost Your Endurance in Less then 4 weeks plus Clean Food Diet Meal Plan That ... clean food diet avoid processed foods) without we understand teach the one who looking at it become critical in contemplating and analyzing. Don't end up being worry Bodyweight Training Box Set: 33 Useful Tips to Increase Muscle Growth and Boost Your Endurance in Less then 4 weeks plus Clean Food Diet Meal Plan That ... clean food diet avoid processed foods) can bring when you are and not make your case space or bookshelves' turn out to be full because you can have it in your lovely laptop even phone. This Bodyweight Training Box Set: 33 Useful Tips to Increase Muscle Growth and Boost Your Endurance in Less then 4 weeks plus Clean Food Diet Meal Plan That ... clean food diet avoid processed foods) having very good arrangement in word as well as layout, so you will not really feel uninterested in reading.

#### **Marcella Cook:**

This book untitled Bodyweight Training Box Set: 33 Useful Tips to Increase Muscle Growth and Boost Your Endurance in Less then 4 weeks plus Clean Food Diet Meal Plan That ... clean food diet avoid processed foods) to be one of several books that will best seller in this year, honestly, that is because when you read this guide you can get a lot of benefit into it. You will easily to buy this particular book in the book retail store or you can order it by way of online. The publisher on this book sells the e-book too. It makes you easier to read this book, because you can read this book in your Touch screen phone. So there is no reason

for you to past this publication from your list.

**William Lebel:**

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