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# MUSCLE MASS Without A Gym: Gain Monkey Strength In 10 Minutes A Day Twice A Week With Bodyweight Exercise

## MUSCLE MASS

### Without A Gym

Gain Monkey Strength In 10 Minutes a Day  
Twice a Week with Bodyweight Exercise



By G.S. Luthra



## Synopsis

**\*\*ATTENTION HARD GAINERS\*\*** Hey You! Are You Skinny & Don't Have Time? Find Out How to Build Muscle Without Going to The Gym! Now You Too Can Learn How to Gain Muscle Mass Without Weights, Protein Shakes, Or Crash Diets! Are you sick and tired of failing to get the muscles you want? Do you cringe when you look at the mirror at your wimpy physique? Would having a strong muscular body boost your confidence with women? Then boy, do I have something for you. Now anyone can quickly gain MUSCLE MASS Without A Gym using body-weight exercises. It works by doing your max reps every workout, but distributes it over two sets using fixed percentages with continued progression. Just Give me 2 Days a Week and I'll Make You a New Man! Ever wonder how pro athletes train? Sports science is clear, high tension delivers and it does not depend on time. You are literally throwing money down the drain by going to the gym. You can get the same work done in the time it takes to drive there, think about that! All you need is 20 minutes per week, because when you perform the high intensity exercises, you get the anabolic growth effect in just two sets of Two Exercises. Imagine walking through the halls at your job or school with confidence as your pecs stick out and head held high. How would that affect your life? For Me, College Became A Lot More Fun, But It Wasn't Always Like This Growing up, I was always skinny. Even though I had the appetite of a hippo, putting on mass was always a challenge. I exercised, played sports, lifted weights, but I always stayed within the same weight range. Now however, is different. The gains came so fast, I outgrew my new clothes! And The Results Were Amazing Swinging a 30-pound dumbbell for 50 reps nearly killed me, but now I do a hundred without strain. Running down the soccer field used to give me a straining headache, feeling as though I was going to collapse, yet now I gallop through like a gazelle! My punches and kicks had more power. In one semester, I went through two punching bags. The first time the college replaced it, but the second time around, they were wondering who the heck was destroying their equipment! Plus, the added female attention wasn't bad either. Girls would watch as I would pummel the bag shirtless. As a matter of fact, it's become somewhat of a pain as I have to be careful where I go as to avoid attracting drooling eyes! The Gains Kept coming despite Maniac Stress, Limited Food, and Lack of Sleep I built this bulk with a 120 mile daily commute to school, studying mind racking courses such as organic chemistry, doing MBA level projects, and writing a 25+ page marketing plan for a company. This was all done while running a business of my own. Being an entrepreneur all by yourself is work a lot of work. There were many late working nights, sacrificing adequate sleep. 7 Reasons You Should Avoid Gyms They're expensive " can cost hundreds or more! They dirty " don't let the modern looks mesmerize you, germs are

everywhere!Â Avoid embarrassment â “ youâ™re most likely not strong enough yet to lift big weightsÂ Time consuming â “ waiting for equipment, driving, changing, etc.Â They smell â “ peopleâ™s sweat isnâ™t exactly an alluring aroma. Where you go and whom you associate with matters. It can literally make you or break you which is why solitary training is better. Gyms these days are not the same they used to be. Even the famous Charles Atlas gave up going to the gym and used his Dynamic Tension exercises in solitude to become â œThe Most Perfectly Developed Man.â •If a College Geek Can Build 50lbs of Muscle Without Weights, What Can You Do? Consider my situation:Â I had limited foodÂ Dealt with maniac stressÂ Worked like a mad man running a business Â No protein shakes Â No gym or weightsIf I can do it, YOU CAN TOO!

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## **Customer Reviews**

This book was very easy to read and interesting. The instructions on how to do the recommended exercises were clear with accompanying pictures. The schedule presented within the book also provides a helpful template outlining which days of the week to do the various exercises and when to have breaks. It is definitely a great book for anyone looking to exercise using bodyweight exercises at home rather spending a long time lifting heavy weights at the gym.

Very practical book with instructions that are simple to follow. Do the exercises, followed by the stretches. If you need diet advice as well, this book has it. PERFECT for time strapped people.

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Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength)  
Bodyweight Training: Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workouts (Bodyweight Training, Bodyweight Exercises, Strength Training, ... Bodybuilding, Home Workout, Gymnastics)  
Calisthenics: Bodyweight Training Guide; Get Strong, Fit, and Flexible in Only 15 Minutes per Day with Bodyweight Training, Bodyweight Exercises, and Calisthenics  
Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines Book 1)  
The Nature Physique: Bodyweight + Resistance Band Exercise Guide: (The #1 Guide on How to Look Great Without a Gym) (Nature Physique Fitness)  
The Complete No B.S. How-to Guide on Bodyweight Training: The 120 Best Bodyweight Exercises for Men & Women to Get Ripped, Lean and In-Shape at Home with No Gym  
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Calisthenics: Take Control of Your Own Body Using These Bodyweight Principles - Increase Your Strength and Build Muscle Mass Rapidly  
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Calisthenics: The True Bodyweight Training Guide Your Body Deserves - For Explosive Muscle Gains and Incredible Strength Calisthenics: 30 Minutes to Ripped - Get Your Dream Body Fast With Body Weight Exercises and Calisthenics (Calisthenics, Body Weight Training, Bodyweight Strength)

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