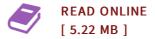




## The Total Suspended Body Weight Training Workout: Trade Secrets of a Personal Trainer

By Steve Barrett

Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, The Total Suspended Body Weight Training Workout: Trade Secrets of a Personal Trainer, Steve Barrett, The ultimate 'one stop' guide to training with suspended body weight training devices. Practical and easily accessible, The Total Suspended Body Weight Training Workout is perfect for the fitness enthusiast or fitness professional who wants to lightly improve their knowledge and heavily improve the range of exercises they can use in their training. Tried and tested exercises are accompanied by clear photos and illustrations presented in a modern and logical way. The Total Suspended Body Weight Training Workout is brimming with ideas for using this bestselling piece of fitness equipment not just in the gym but at home too. Packed with clear and easy to use exercises, this how-to reference book also provides adaptations of basic and advanced exercises making it ideal for anyone who wants to get the most out of their fitness gear. - Each exercise idea is organised by fitness level and includes followup and extension ideas. - Written in a jargon-free and concise style, this book is light on the science and background, heavy on practicality.



## Reviews

An exceptional book and also the font utilized was intriguing to read. This is for all who statte there was not a worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Prof. Tyson Hilpert

This written publication is wonderful. It can be writter in straightforward phrases instead of confusing. I discovered this pdf from my dad and i suggested this publication to learn.

-- Jesse Tremblay