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MARK LAUREN WITH JOSHUA CLARK

THE BIBLE OF BODYWEIGHT EXERCISES

Mark Lauren

You Are Your Own Gym: The Bible of Bodyweight Exercises



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From at the very top Special Operations physical trainer, an ingeniously simple, rapid-results, do-anywhere program so you can get into amazing shape. As the demand for Particular Operations military forces is continuing to grow over the last 10 years, elite trainer Tag Lauren offers been at the front lines of preparing almost one thousand soldiers, getting them lean and solid in record period.and get started, following the clear instructions for 125 exercises that function every muscle from your own throat to your ankles.simple exercises that require nothing more than the level of resistance of your bodyweight to assist you reach the pinnacle of fitness and look better than ever before. Forget about gym memberships, dumbbells, and infomercial contraptions.s motivation techniques, expert schooling, and nutrition advice, you'll see rapid results by working out just thirty minutes a day, four situations a week—Basic, 1st Class, Get better at Class,and Chief Class— Lauren's most advanced fitness machine, the thing you should never be without: your have body. Choose your workout level—whether in your living room, yard, garage, accommodation, or office. Right now, for regular Joes and Janes, he shares the secret to his amazingly effective routine— Armed with Mark Lauren' They are all poor substitutes for the globe's exercises build more metabolism-enhancing muscles than weightlifting, burn up more body fat than aerobics, and so are safer than both, since body weight exercises develop balance and stability and for that reason help prevent injuries.



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A Comparison of Three Bodyweight Training Books I own Bodyweight WEIGHT TRAINING Anatomy simply by Bret Contreras, You are Your Own Gym by Mark Lauren, and Your Body is Your Barbell simply by BJ Gaddour. This review identifies the Kindle versions of each publication. Although the exercises are organized by body component, the Kindle book will not offer links to the individual sections, as in the Gaddour and Contreras books. however, I feel the Lauren book isn't worth buying if you don't are collecting books about them. Combined, they're nearly perfect. Neither book is perfect, but together they cover the topic very completely. This review covers the following elements: Exercises: Number and variety of exercises. Programming: The sample routines provided in the book and also simple templates for building your own programs. of bad\$@& I have finally seen the light when it comes to how important diet is and how effective bodyweight/plyometric exercises could be. User friendliness: How easy it really is to utilize the Kindle book. It's not a bad publication, but there are better. My problem with the Lauren publication is that it's not much a lot more than an encyclopedia of exercises and doesn't execute a good work of explaining why you need to be carrying out any particular exercise. I went from 158lbs at 13% body fat right down to 143 at 10% body fat. Gaddour just provides major compound movements and skips the core and isolation exercises. Enter "You Are Your Own Fitness center. Gaddour and Contreras both cover metabolic training and full-body exercises. 'slf you wish the real thing; 5 minutes, without taking a many more rest time than the workout provides for. Lauren has an alphabetic index at the end but, especially with the odd titles he provides exercises, it's difficult to find exercises for specific areas of the body. He offers you workout templates and ideas for what exercises to use. The explanations of each exercise in the publication will help you decide what exercises to select. He also provides sample "metabolic" (HIIT and MRT) workout routines. The Gaddour and Lauren books just offer you set routines to follow without much flexibility. However, the Gaddour reserve is way better because he presents you with various styles of routines, such as for maximum fat loss, maximum strength, and so forth. The Lauren book has little range in the routines. Plus my versatility and core strength haven't been better. Actually, I think this is the biggest strength of his book. He offers you eight basic types of exercises. Lauren is weakest right here. Within each level he provides three "microregressions" and three "microprogressions" that allow you to great tune the exercise as appropriate for your skill level. I am using this book and viewing my diet plan for the past 3 months and the difference is quite profound. Contreras also gives examples of progressions and regression, however, not with the detail within the Gaddour reserve. With each exercise, he gives you five levels of problems. To be fair, he does give concepts on how best to make an exercise more difficult, just much less well as the various other two. Educational value: The only area where in fact the Contreras book is certainly lacking in educational value when compared to others is usually regarding nutrition. Lauren and Gaddour both cover diet somewhat, whereas Contreras doesn't mention it. Contreras' muscle mass diagrams are outstanding and they really allow the reader to comprehend how the body works and the way the muscles are getting used. He breaks it down by major and secondary muscles worked. I was surprised to learn just how many upper-body movements involve the trapezius, for example. I'm a male in my mid-30s and consider myself to be fairly match.. It has timed workouts, plus video of each exercise performed by the writer himself. simply inexpensive, convenient, easy-to-comprehend, straightforward, reliable, and incredibly effective principles for achieving peak levels of health and fitness, this is as good as it gets. In a nutshell, I would recommend buying either the Contreras or Gaddour book; Programming: The Contreras book is the best when it comes to

programming. For example, if you would like to find three exercises to work your thighs, you will have to go to the non-indexed Exercises section and flip through the webpages until you can find what you want. That is a significant headache on a Kindle. Got to hit those frequently forgotten muscle groups. In case you are someone like me who is constantly strapped for cash, I would highly recommend purchasing this reserve along with his app which is 4. Progressing through the variations is fun and gives a genuine feeling of accomplishment. Having said that, I recommend buying both of these books as each complements the various other quite well. I'd actually recommend buying both Contreras and Gaddour books as they complement one another well. Sadly, I cannot recommend the Lauren publication because it doesn't offer very much beyond the other two books.

Exercises: All three books give a large variety of exercises, however Contreras may be the best here. You don't need heavy weights!

Educational value: How very well the book teaches the reader to understand the way the body works and how the exercises work each part of the body. Prior to using Tag Lauren's program we lifted heavy free weights at a gym but didn't track my diet plan at almost all. (You laugh, but just how many pushups can YOU perform from a downward pup placement? Anyone who's ever engaged in strength training knows how useful it is to advance in small increments. Also, he gives many of the exercises goofy, unwieldy brands that sometimes don't help you understand what the move actually is.)

Progressions: Gaddour certainly is the big champion here. I recommend giving this reserve a shot in the event that you burned yourself out at the fitness center like I did. Like P90X, but shorter, less gimmicky, and just as effective. I picked up a duplicate of P90X predicated on the fantastic things I'd found out about it. Special Operations operator, instructor of instructors, record holder, and virtually bad\$@& good book. My son adored this book. On the other hand, Contreras addresses exercises for the hands, core, glutes and also the neck. "No fitness center, TV, or other things required.. So I produced the executive decision to start myself at the intermediate workout instead of beginner. Contreras also does an excellent job explaining schooling variables such as intensity, density, and periodization. And on top of that, these workout routines kick my butt just as much as P90X (maybe even more) - in 1/3 the time. Big mistake: I possibly could not complete the first workout, which includes you carrying out "ladders" of a fitness for 7. For me, this chapter is worth the price of the publication (yes, I love burpees). The very next day, I could barely lift my hands above my shoulders. I am so grateful I purchased this book after randomly selecting it on Amazon. The effect was good power but with a heavy build. That's the author's version of armed service presses, and I could only manage five or so at the same time.) Luckily, the author gives numerous variations of the exercises to crucial them to any ability level. Consequently, anyone can get as very much resistance as they need or are designed for - no more, no less.

Contreras strengths: Muscle diagrams Isolation exercises (especially glutes) Customizable routines Most user-friendly Kindle version

Contreras weaknesses: No debate of nutrition

Gaddour strengths: Progressions Burpees chapter Nutrition chapter

Gaddour weaknesses: No specific core exercises No isolation exercises

Lauren strengths: Chapter on using household items to workout could be useful

Lauren weaknesses: Poor Kindle formatting Zero full-body or metabolic schooling exercises No dialogue of body mechanics

If I had to recommend only one of the books, Contreras would win by a nasal area, with Gaddour a close second. One final note: unless you want to springtime the 11 bucks for the reserve, the iPhone app lets you know everything you need to learn for two bucks.

User friendliness: Lauren is last in this category. So if you want a preview of the book, or if you are strapped for cash, you may get the entire workout for two bucks - or around \$118 significantly less than P90X. Hands

down the very best overall fitness info Should anyone ever wished you could see one reference that could help you seem sensible of the insane amount of ridiculous fad programs/diets promising the moon and fitness gurus all letting you know "their" method was best, well, here it really is.. Great book Hyperlinks in Kindle edition don't open up what they say they should The book is good, and I must say i benefit from the no-gym work-outs..I'm discussing peak performance and fitness for a lifetime. The only other recommendations I could make an acceptable case for would be a decent publication on flexibility training and a more in depth treatment of nutrition.. That can be done these exercises anywhere.for those, try:Stretching: 30th Anniversary EditionEat, Drink, and Be Healthy: The Harvard Medical School Information to Healthy EatingLauren's credentials are beyond impressive. U. This was a tough choice because they are both excellent books, but going by the "teach a man to fish" idea I believe Contreras does a more satisfactory job of explaining this issue in a way that you can design your own workout applications instead of merely following what another person shows you. It's a tough, effective workout, but I ultimately fell from it because of the time commitment required (1 hour/day, 6 days/week), my desire never to monopolize the just TV inside our house during prime TV period, and my general distaste for how gimmicky it appeared.Progressions: Making a specific exercise easier or more difficult thus a person of any level may take advantage of the exercise along with allowing progression in strength and ability. Gaddour gets extra credit for an excellent chapter devoted to burpee variations, culminating in the Rolling Pistol Squat (a backward, one-leg burpee). no gimmicks, empty claims, or bs.In the event that you had zero other information at about physical health besides this one single reserve you'd have almost anything you need, and I'm not discussing average health. Lauren discusses these topics to a lesser extent. The reserve is organized poorly. Great buy Good stuff For a body exercise publication I was expecting just a little . The Gaddour and Lauren books both possess chapters specialized in exercise nutrition, the previous compiled by a PhD from Pennsylvania State University.. For a body workout reserve I was expecting just a little less equipment to be needed, but I am aware why you need the stuff. Contreras and Gaddour both provide considerable hyperlinking to get to where you need to proceed in the book. Thus, I was searching for a good workout program that wouldn't require me to join a gym, wouldn't bogart it every night, and didn't require 6 days weekly of exercise. Not to mention I was sore for 2 days from then on!. However the regular hyperlinks in the kindle reserve that only link to Mark Lauren's web page that wants me to join up for a subscription really bothers me. Why mention in the text to just click here for a rmr calculator or how exactly to prepare for the next run if the link doesn't actually do those things. For me personally that brings this from a 4 or maybe even 5 star rating to a 3. The last fitness routine I'll ever need Over the past a decade I've wasted my cash on useless gym memberships, workout programs (like PgoX and Insanity) and overpriced devices and I have seen little to no results doing so. Needless to say, I got to tuck my tail between my hip and legs and bump myself right down to "beginner. After the first workout I pointed out that worked harder/sweated more then when I would spend 2 hours in the gym lifting. His friends also experienced the same one and used it often. Contreras provides links arranged by body part and particular exercises – he does the best job here.99 on iTunes. Pair this combined with the right diet plan and you may see fantastic outcomes. Granted you won't get jacked like Arnold carrying out the program but if you wish to get solid, look great and be in fantastic shape you will need this book! Five Stars Good As expected As expected Over hyped You can find many of these excercises you tube so I am uncertain why actually bother to get this book



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