

You Are Your Own Gym



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Whether you are just beginning your quest for a fit body, returning from a long layoff, or looking to add to your existing routine, these 15-minute, fast-paced, high-energy workouts develop your physique by challenging your muscular and cardiovascular endurance like never before.

You Are Your Own Gym - Mark Lauren

You Are Your Own Gym: The Bible of Bodyweight Exercises [Mark Lauren, Joshua Clark] on Amazon.com. *FREE* shipping on qualifying offers. From an elite Special Operations physical trainer, an ingeniously simple, rapid-results, do-anywhere program for getting into amazing shape. As the demand for Special Operations military forces has grown over the last decade

You Are Your Own Gym: The Bible of Bodyweight Exercises ...

You Are Your Own Gym: The Bible Of Bodyweight Exercises For Men And Women. He believes that these intense and brief (sometimes as short as 20 minutes) workouts build muscle, improve strength and CV performance, and increase your metabolic rate for about 48 hours after you complete the workout.

You Are Your Own Gym: The Bible Of Bodyweight Exercises ...

Use the body you have to build the body you want. Anywhere anytime. From an elite Special Operations trainer- a guide to ultimate fitness for everyone

You Are Your Own Gym; The Bible of Bodyweight Exercises

You Are Your Own Gym (YAYOG for short) helps you take control of your body. You don't need to join a gym; you don't need to buy a treadmill. This book will guide you through your own physical transformation. Mark Lauren lays out exercises you can do with no special equipment with descriptions and photographs.

You Are Your Own Gym: The Bible of Bodyweight Exercises ...

You Are Your Own Gym by Mark Lauren. Based on the best selling book by Mark Lauren, the bodyweight exercises in this app have been used to create society's leanest, strongest, most confident people. Mark honed his program for a decade while preparing nearly a thousand soldiers for the extreme demands of the most elite levels of the U.S.

You Are Your Own Gym by Mark Lauren - Apps on Google Play

Facebook is showing information to help you better understand the purpose of a Page. See actions taken by the people who manage and post content.

Mark Lauren Bodyweight Training - Home | Facebook

You Are Your Own Gym : The Bible of Bodyweight Exercises by Mark Lauren; Joshua Clark A copy that has been read, but remains in clean condition. All pages are intact, and the cover is intact. The spin...

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WARNING: This app will remove your current fitness excuses and change your life. This app is based on the best selling book by Mark Lauren "You Are Your Own Gym". The bodyweight exercises in this app have been used to create society's leanest, strongest, most confident people.

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