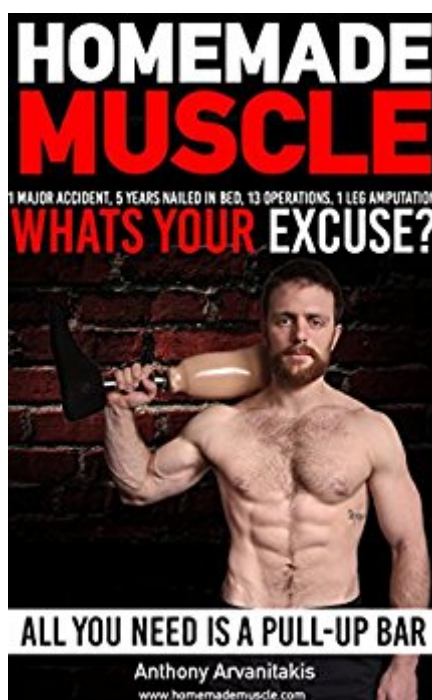


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# HomeMade Muscle: All You Need Is A Pull Up Bar (Motivational Bodyweight Workout Guide)



## Synopsis

#1 International Bestseller in 's Men's Health Category A true story that will motivate you to get in the best shape of your life with a proven, simple and do-anywhere bodyweight exercise program. Prepare yourself for a touching story of a journey into a true hero's deepest despair to his ultimate triumph. One of the most amazing stories you will read that will take you through Anthony's tragic life-changing event. From his darkest moments to the turning point when he made the most courageous life-altering decision - having his leg amputated. From a long recovery to finally reaching a place of peace, fulfillment and the best physical shape ever imagined. This book offers lessons of how to maneuver your way around life's obstacles in order to achieve your greatest bodyweight and strength training accomplishments all just by utilizing the miraculous tools (a/k/a "your own personal body") that you have been already given. It will inspire you to face the most daunting challenges and fears you could imagine with strength and courage resulting in confidence, fulfillment, and most importantly, a healthier you! The exercises in Anthony's program are self-tested and proven successful. Anthony will walk you through every phase of his exercise program to train you on proper form, technique, diet, nutritional supplements and don'ts, training videos and much more. This program will help you increase your strength, burn fat and define your muscles. For those who would rather not invest in expensive gym memberships and the hassles the gym brings, Anthony's program offers convenience, clear instructions and endless tips, tricks and advice on how to reach the pinnacle of your strength training! Anthony has a special innate quality like none other that will encourage you every step of the way. Included in this book **HomeMade Muscle** contains a step-by-step blueprint for becoming strong and lean without going to the gym. In this ebook you will find out: Video Tutorials: Exercise guides, progressions and variations for every level. Muscle-building exercises Which are the best muscle-building bodyweight exercises How to get that Six-pack: Tips, tricks and the best bodyweight exercises for a flat defined stomach Arms, Chest and Back: Which are the most important bodyweight exercises for developing your arms, chest and back muscles Which diets really work How to lose weight without starving yourself to death Which supplements work: you need supplements to build a lean and mean physique? Which ones work according to science. Motivation & Goal-setting tips: How to stay motivated, overcome Injury, Illness and Extended Life Challenges Get started today Stop making excuses... Stop being hassled into lifetime gym memberships... Stop overanalyzing your workout routine.... Build the body you want by using the body you already have. Would you like to learn more? Download **HomeMade Muscle** and get motivated to start your own journey to a stronger and healthy body. Scroll to the top of the page and

click on the buy button

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## Customer Reviews

Homemade Muscle is clearly inspirational. After reading it, you will have no excuses. Although the whole book is worth reading and contains valuable (usable) information, the first four chapters are exceptional. Chapter Four (What You Need To Know About Strength Training) is my favorite chapter. Anthony describes the differences between building strength and hypertrophy when doing body-weight training. He 'thoroughly' explains (among other things) what reps, sets, rest, and frequency to use to build strength and hypertrophy " and in what order. It is the best explanation that I've read on these topics, and I have over 300 fitness books in my personal library. This is definitely a five star book.

I found the book easy to read, although as has been mentioned, the formatting and editing needs a little work. The content, which, lets be fair, is the main thing, is really good, though. Too often with exercise programs we lack the willpower to get started and then keep going. I think that getting

started is the most difficult part of getting fit. This book right from the outset told me that my excuses were a weak excuse for being weak. The author's story is an inspiring one. The plan itself requires dedication and effort, but it's not impossible to follow. I started with negative/assisted pull-ups, because I was always weak in my upper body. With regular practice I was able to perform real pull-ups. Something I never thought I'd be able to do. Life has kind of got in the way of late, yes, I know, I'm making excuses, but I'm going to get back into this starting tonight when I get home.

This book was easy to read and well written. The first few chapters cover the author's personal struggles with recovery from his injuries. These chapters also provide motivation to those who haven't had to deal with the same extreme hardships but manage to find excuses not to workout. The workout program that the author has come up with is effective and he has stripped away the complexity that seems to follow most other workouts. This makes the workouts easy to remember and keep track of. That said there is still plenty of intensity in the workout which is as hard as you make it. I've been using body weight workouts for over 2 years so I was no stranger to this style of workout but this system is still a challenge for me. There is plenty of good advice in the book aside from the workouts. The author isn't afraid to go against the grain even with popularly held beliefs regarding body weight exercises and provided plenty of support for his point of view. I've tried a number of different body weight workouts previously with mixed results. This system provides a clear path which is safe, effective with attainable goals. I would definitely recommend this book and the workout system.

The knowledge contained in this book for the price you pay is so great. I went with the eBook version and that was a good choice because it contains links to YouTube videos demonstrating the various exercises found inside. I can't comment on the paperback version because I don't have that. I like how the book guides you through Anthony's suggested workout programs (beginner, basic, advanced), it details recommended prerequisites for each. He shares his thoughts/knowledge on dieting and stretching as well, which I found helpful. Another thing I like is that the book doesn't give you so much information that it feels like you have to read ten pages to understand one thing. I've read other exercise books and sometimes, they can give too much information. This book gives enough with some side story/philosophy, which is perfect I think. I've read some of the other reviews that criticize this book and I think it's a matter of "Your mileage may vary" and that person's history with exercise. Me personally, I've served in a branch of the United States Military for 10 years and I was above average but not top tier when it came to their standards for fitness. After I got out, I'll

admit I wasn't consistent with working out. I stopped working out for a period of 6 months recently because I got stress fractures from running with Vibram Five-fingers. I came across this book from a podcast and decided to use it to ease back into exercising. I'm now starting the basic workout plan after 10 weeks and I feel pretty great. Definitely check out his YouTube channel, it contains more knowledge that may be used along with this book to get more muscle gain.

I'm in my 40's now and have always worked out most of my life. I've read and have done more workout routines than I care to remember. Workout routines from Pavel, John Peterson, Steve Maxwell, Matt Furey combat conditioning and the list goes on. Now that I'm older I enjoy bodyweight workouts more so than lifting weights. Was doing a lot of Hindu workouts such as hindu squats, push ups and bridging. It was ok but never saw any real results and the workouts got boring. Then finally I somehow discovered Anthony's homemade muscle and all I can say is WOW!!! In as little as 2 weeks I've seen results that I have never seen before from other workout programs. Anthony's program is laid out so simple and is easy to follow. It's without a doubt the most effective bodyweight workout routine I have ever done period. And I've pretty much have done them all. The other truly amazing thing is if you have a question on anything, Anthony is very quick to respond to your questions. He always makes time to respond to any questions you may have. This goes to show he really cares about his workout routine and the people doing it. As I told Anthony, the only thing I regret is not finding his book sooner. If you follow his program you WILL see results period!! Just make sure to have a pull up bar of some sort and you're ready to rock and roll..

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