



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

*Steve Barrett*

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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 follow-up and extension ideas.
- Written in a jargon-free and concise style, this book is light on the science and background, heavy on practicality.

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The book The Total Suspended Bodyweight Training Workout: Trade Secrets of a Personal Trainer has a lot associated with on it. So when you make sure to read this book you can get a lot of gain. The book was published by the very famous author. The author makes some research before write this book. This specific book very easy to read you can find the point easily after reading this book.

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