



## Homemade Muscle: All You Need Is a Pull Up Bar (Motivational Bodyweight Workout Guide) (Paperback)

By Anthony Arvanitakis

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.AMAZON #1 BEST SELLER! (In both kindle s Men s health and Weight loss categories) 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...

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