



# **Workout: Routines - Sample Strength And Conditioning Bodyweight Exercises Workout Routines For Men And Women (fitness training, stretching, home exercise, strength and conditioning Book 1)**

*David Nordmark*

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## **These Workouts Can Get You On The Road To Superior Health And Fitness Today!**

***Look Better, Feel Better, Be Better - Try Them For Yourself And See!***

When you think of animals in nature is there any doubt in your mind that any one of them is far healthier and stronger than a human being? A Tiger has the endurance to roam over a domain that can be greater than 100 square miles. How does it do this without access to a treadmill? A Gorilla eats a mostly vegetarian diet and yet is 5 to 20 times stronger than a man. Have you ever seen A Gorilla lift weights? What is their secret?

Their secret is that, by instinct, all animals in nature train naturally using nothing but their own bodies and bodyweight. This is how you should train too. I believe in these methods of natural training so much that I even created an entire website around it at [animalkingdomworkouts.com](http://animalkingdomworkouts.com).

**These are some of the benefits you can expect when you learn to train naturally:**

- Fat will MELT off your body - Have you ever seen a fat fox? When you train your whole body as a unit, you are using ALL of your Muscles. This maximizes fat burning and fat loss like you wouldn't believe.
- You will save valuable TIME - As these exercise work your entire body, you can get an entire full body kick butt workout in as little as 15 minutes a day.
- You will save MONEY - These exercises can be done anywhere at anytime. Say goodbye to expensive gym memberships (not to mention the commute) and there's no need for fancy equipment or other gizmos.
- You'll work your MIND and SPIRIT as well, not just your body. Whether you're an athlete or a desk jockey, this is the way to train.
- You'll always feel MOTIVATED and INSPIRED - Why? Because you'll be training in a way that agrees with your body and gives you results right away!

In order to give you a taste of what is possible with natural bodyweight training I've created this manual which gives you sample exercise routines from three of my best selling books. This include:

### **?Animal Workouts**

I think you'll be shocked at how tough some of these animal based movements are.

## **?The Stretching Exercise Bible**

I've included here a series of stretches based on dynamic movement. This routine will stretch and strengthen your muscles at the same time.

## **?Build Muscle Without Weights**

Learn how to develop strong and shapely arms with this little routine which uses absolutely no equipment at all.

Just by sticking to the natural exercise routines I've included here can get you into the best shape of your life. What have you got to lose? Whether you want to reverse the aging process, lose belly fat or gain almost superhuman strength these exercises, from the comfort of your own home, can get you there.

**Why Wait? Pick up your copy today! A New And Healthier You Awaits!**

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