



Bodybuilding at Home: Building a Complete Home Gym: A Step By Step Guide

By Craig Cecil

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A Home Gym is Freedom. Bodybuilding at Home: Building a Complete Home Gym shows that you don't need state-of-the-art, modern equipment and machines to build muscle and transform yourself. Stop wasting your life driving back and forth to the gym and waiting for equipment. Now you can work out your way, with your own equipment, with your rules, whenever you want. Take back your time and control of your life. Build muscle, lose fat and find yourself. It all starts at home. In this book, you'll learn: * the process of assembling a home gym with the minimum amount of equipment that produces maximum results for bodybuilding * how to combine safety, effectiveness and efficiency while minimizing space and cost * how to make the workout safe and simple to do alone, regardless of the exercise or the amount of weight used * how to maximize the number and variety of bodybuilding exercises you can perform, given the constraints of location, space, and budget how to save thousands of dollars by avoiding bad or sub-optimal purchases In addition, this book provides bonus material that provides you with bodybuilding workouts and training plans, regardless of your experience and adaptation level that you can use immediately in your home gym as you accumulate the equipment. These workouts and training plans can take you from absolute beginner all the way to the competitive stage.

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Editorial Review

About the Author

Craig Cecil has been involved in sports and the science of exercise since his days of high school athletics in baseball, through his collegiate career in NCAA Track & Field, to his devotion to weightlifting and bodybuilding pursuits over the past 20 years. During that time, Craig has trained with professional athletes, as well as multitudes of dedicated, ordinary individuals just wanting to build lean, muscular body weight. Craig is a member of the National Strength & Conditioning Association and holds an MBA from Loyola University of Maryland.

Users Review

From reader reviews:

Carol Boissonneault:

Bodybuilding at Home: Building a Complete Home Gym: A Step By Step Guide can be one of your nice books that are good idea. We recommend that straight away because this book has good vocabulary that will increase your knowledge in language, easy to understand, bit entertaining but nonetheless delivering the information. The copy writer giving his/her effort that will put every word into satisfaction arrangement in writing Bodybuilding at Home: Building a Complete Home Gym: A Step By Step Guide however doesn't forget the main place, giving the reader the hottest and also based confirm resource facts that maybe you can be among it. This great information can easily drawn you into new stage of crucial contemplating.

Kevin Vargas:

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