



You Are Your Own Gym: The Bible of Bodyweight Exercises

By Mark Lauren, Joshua Clark

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From an elite Special Operations physical trainer, an ingeniously simple, rapid-results, do-anywhere program for getting into amazing shape.

As the demand for Special Operations military forces has grown over the last decade, elite trainer Mark Lauren has been at the front lines of preparing nearly one thousand soldiers, getting them lean and strong in record time. Now, for regular Joes and Janes, he shares the secret to his amazingly effective regimen—simple exercises that require nothing more than the resistance of your own bodyweight to help you reach the pinnacle of fitness and look better than ever before.

Armed with Mark Lauren's motivation techniques, expert training, and nutrition advice, you'll see rapid results by working out just thirty minutes a day, four times a week—whether in your living room, yard, garage, hotel room, or office. Lauren's exercises build more metabolism-enhancing muscle than weightlifting, burn more fat than aerobics, and are safer than both, since bodyweight exercises develop balance and stability and therefore help prevent injuries. Choose your workout level—Basic, 1st Class, Master Class, and Chief Class—and get started, following the clear instructions for 125 exercises that work every muscle from your neck to your ankles. Forget about gym memberships, free weights, and infomercial contraptions. They are all poor substitutes for the world's most advanced fitness machine, the one thing you are never without: your own body.

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Editorial Review

Review

“Mark Lauren puts the strength-training techniques of SpecOps into a comprehensive and easy to understand program that can be done by anyone, anywhere, anytime, paving the way for anyone looking to get into the best shape of his or her life.”—Gregory Peterman, sergeant, Green Beret

“Gain control of yourself through your own body’s gym!”—Mike Fisher, commander, 82nd Airborne Division; U.S. Army Ranger; colonel, U.S. Army

“Perfect for our mobile age of road warriors, this terrific book lets us carry around a full gym in our heads!”—General James Abrahamson, U.S. Air Force

About the Author

Mark Lauren spent fifteen years as a military physical-training specialist for the Special Operations community. Now a sought-after personal trainer to civilian men and women of all fitness levels, a triathlete, and a champion Thai boxer, he is the author of the internationally popular body-weight bibles *You Are Your Own Gym*, *Body by You*, and *Body Fuel*. He lives in Tampa, Florida, and Phuket, Thailand.

Users Review

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James Snyder:

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