



Suspended Bodyweight Training: Workout Programs for Total-Body Fitness

By Kenneth Leung



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Suspended Bodyweight Training: Workout Programs for Total-Body Fitness By Kenneth Leung

A STEP-BY-STEP GUIDE TO GETTING AT HOME OR IN THE GYM A TONED AND MUSCULAR BODY WITH THE POPULAR SUSPENSION TRAINING SYSTEM

All you need to develop long, strong muscles and a fit, slender physique is this comprehensive guide and your suspended bodyweight trainer. Forget bulky machines and heavy weights—these functional training workouts will unleash the full potential of any suspended bodyweight training system. You will simultaneously tone and shape your entire body for:

Washboard Abs

Carved Back

Sculpted Shoulders

Chiseled Chest

Ripped Arms

Firm Glutes

Powerful Legs

Packed with hundreds of step-by-step photos, clearly explained exercises and progressive training programs for all levels of fitness, this book will revolutionize your workout by teaching you how to maximize the benefits of this cutting-edge approach to total-body fitness.

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Editorial Review

About the Author

Kenneth Leung is a physical therapist in the San Francisco Bay Area with more than 20 years of martial arts experience. Kenneth graduated from the University of California, Berkeley, with a BA in molecular cellular biology and received his doctorate of physical therapy from the University of Southern California, where he completed his orthopedic residency. Kenneth draws from his background in sports, fitness, health, and wellness to help people of all levels. He currently works with the University of California, San Francisco, and has a private practice in Oakland.

Fitness writer and instructor Lily Chou is the author of The Anatomy of Martial Arts and The Martial Artist's Book of Yoga. She lives in the San Francisco Bay Area.

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