



# Build Muscle Without Weights: The Complete Book Of Dynamic Self-Resistance Isotonic Exercises

By David Nordmark

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## Build Muscle Without Weights: The Complete Book Of Dynamic Self-Resistance Isotonic Exercises By David Nordmark

### Discover How To Create A New You With Dynamic Self-Resistance Training

*Learn how to build muscle without weights, fancy equipment or expensive gym memberships*

If you're like most people you know how much richer your life could be if you were in better shape. You'd feel better; look better and life would just be easier. But who has the time or money to go to a gym? What can you do? The solution is *Build Muscle Without Weights: The Complete Book Of Dynamic Self-Resistance Isotonic Exercises*. This book shows you how to perform incredibly simple yet effective self-resistance exercises using nothing but what god gave you. Done properly, self-resistance exercises allow you to pit muscle against muscle in order to build a beautiful yet powerful physique from the comfort of your own home. These exercises can be done by anyone of any age safely and effectively. If you dedicate yourself to these dynamic isotonic exercises you can expect the following:

- Develop a perfectly muscled chest
- Washboard abs that will get noticed on any beach
- Well-rounded shoulders
- Muscular arms
- Maintain a flexible and healthy spine
- Help you to look and feel young
- Effortlessly project health, confidence and magnetism

All this and more is possible when you possess a strong, healthy body. Order *Build Muscle Without Weights: The Complete Book Of Dynamic Self-Resistance Isotonic Exercises*. and get started on creating a more dynamic and healthy you today!

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### **Editorial Review**

Review

The best part for me is that many of these can be done right in my office chair and need no other equipment than me.

*- Linda, Amazon Verified Purchase*

I was skeptical about this book at the start but now im sorry i didnt discover it sooner!!!! I wanted a quick way for a little muscle definition and whaddayaknow, it works!!! Im delighted i found this book, its a gem!!

*- Denise, Amazon Verified Purchase*

A good book if you have no exercise equipment or the room for it these exercises can be done anywhere.

*- Dale, Amazon Verified Purchase*

About the Author

David Nordmark has a life long interest in health and fitness. In the past he has participated in such sports as soccer, basketball and hockey. He also was once an avid runner and weightlifter, but has since come to his senses. Today he mainly does natural exercises like Yoga and the Body Weight exercises found on his website, [www.animal-kingdom-workouts.com](http://www.animal-kingdom-workouts.com)

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