



# Bodyweight Exercises For Women - Core Workout

*Michelle Williams*

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Bodyweight Exercises For Women – Core Workout provides a simple but powerful core workout and nutritional guidelines to help you on your weight loss and fitness journey whether you are a beginner or an experienced fitness enthusiast.

Bodyweight training is the ultimate tool because of its versatility in achieving your goals, whether it is a slimmer, sexier body, improving your health or increasing your athletic abilities.

Bodyweight exercises can be performed anywhere, have no cost or equipment, can be scaled to meet any fitness level and when performed regularly, will deliver superior results.

This handbook provides an illustrated and simple step by step Core Workout to help you burn the most fat and sculpt the body you've always wanted.

Bodyweight exercises are the best form of training for women looking to lose weight and sculpt their bodies because they are structural movements. Structural exercises work the core, which includes the torso, abdominals, hips and thighs. Not only are these large muscles in which lean muscle gains will be more significant in increasing basal metabolic rate, but they are also the muscles that make up the foundation of the body.

Bodyweight exercises truly are full body exercises that will lead to the most beneficial lean muscle gains and energy expenditure of any type of training.

This handbook includes realistic and helpful information to keep you motivated and help you reach your weight and fitness goals.

So what are you waiting for? Transform your body and your life starting today.....

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