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# Rise N' Sweat: 35 Roll Out Of Bed Bodyweight Workouts



## Synopsis

If you are looking to get into shape despite a busy schedule, then bodyweight calisthenic morning workouts may be the solution for you! A gym membership is one thing, but when you're on the go with limited time, your best bet is to get some morning exercise. The consistent use of bodyweight calisthenics will help you build lean muscle mass and burn fat—all without disrupting your hectic schedule. The Rise & Sweat training manual provides you with 35 early morning workouts, finally giving you a fighting chance in your pursuit of health. The ebook presents 6 unique training methods, including:

- Density training
- Supersets
- Intervals
- Stacking workouts
- Minute drills
- Repetition challenges

Each training method provides a unique challenge, and a great way to get your quick morning workout. Let's address some common questions: What if I don't want to workout in the morning? Of course, if a morning exercise at home is not convenient for you, you can still use these workouts during your lunch hour, right after work, or perform them before bed time. The premise is that they can be performed in your bedroom, therefore I have made them short and intense. They also do not include any sort of ballistic jumping movements that would make too much noise (just in case you have someone sleeping in the next room, or live in an apartment with neighbors downstairs). Whether you exercise in the morning, or in the evening time, these 35 workouts will help you get and stay in shape. How long do the workouts last? They last between 10 to 30 minutes. This way, if you only have 10 minutes to perform in the morning, you can get it done quick and easy. On days perhaps the weekends where you have a little more time, go through the longer routines. Are these workouts for beginners? There is something for everyone. 35 workouts are provided because there is no way for me to accurately judge what your fitness level is without meeting with you. This eBook allows you to try a workout, then make small changes to either make the workout harder or more difficult. What if these workouts are too difficult for me? Since there is no way for me to create the best morning workout for you, you will need to make modifications based on your fitness level. Instead of performing 3 rounds, perform 1 round. Instead of performing 10 repetitions, perform 3 repetitions. Go at the level that you are in. Do what you can today, then next week do more. Don't tell yourself that you can't do it. You completed something. You're trying to get healthy, so get healthy. The only way it's going to happen is if you start somewhere. So start here, start now, start today. Are these workouts for 55+? I've seen 60 year olds do more pushups than I could. There are 55

year olds that can out-run a 20 year old. I've seen people start exercising at the age of 50, and in 3-4 years, they are in better shape than people half their age. Age is just a number. If you have knee problems, then go easy on the squats. If you have back problems, then go easy on the pullups. But you can do it, even if you just have to start off with a handful of exercises. Start somewhere. Get stronger, and keep going. Stop procrastinating and download this manual today. For less than a cup of coffee you can start taking control of your health.

## Book Information

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great and simple plans to follow,very good book for bodyweight training for beginners and and advanced ones,i give it a 5 stars

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