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Without Experience Home Workout Routine With Free Tools Without:

The No-Equipment Home Workout Hero: Effective Bodyweight Exercises That Require No Gym Membership

Brian Smith, *The No Equipment Home Workout Hero* is a comprehensive guide to achieving fitness goals without the need for a gym membership or expensive equipment. This book provides a variety of bodyweight exercises that can be done in the comfort of your own home, offering the convenience and flexibility to fit workouts into any schedule.

Key Topics Covered:

- 1 Introduction to No Equipment Home Workouts
- 2 Benefits of Home Workouts
- 3 Setting Up Your Home Workout Space
- 4 Safety Tips for Home Workouts
- 5 Warm Up Exercises
- 6 Dynamic Stretching
- 7 Cardio Warm Up Routines
- 8 Upper Body Exercises
- 9 Push Up Variations
- 10 Tricep Dips
- 11 Plank Variations
- 12 Lower Body Exercises
- 13 Squats Variations
- 14 Lunges Variations
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