



# The Complete Guide to Bodyweight Training (Complete Guides)

*Kesh Patel*

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Bodyweight training is one of the fastest growing global trends in fitness. It's simple enough to explain – using your own body weight to improve your fitness and strength, and yoga and gymnastic practitioners have been doing this for years. But the theory behind it isn't often understood.

Kesh Patel contextualises bodyweight training – where it came from and what Evolutionary Fitness is – and looks at the theory behind it. Understand the basics of biomechanics and you can adapt and improve your bodyweight training program and improve your results. This guide will show you how to work with gravity, how skills acquisition progresses, how to develop posture and balance – all based on biomechanical principles.

*The Complete Guide to Bodyweight Training* is packed with practical, clear and accessible exercise ideas, progressing from fundamental movement patterns to more advanced exercises, along with details of exercise programming - including adaptations for different skill levels, working with groups, and ideas to integrate bodyweight exercises into traditional weight training, circuit and bootcamp classes

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