



Weightless Workout

Jerry Robinson

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Weights have always been the muscle-conditioning tools of choice. But sometimes, lifting weights isn't an option. Introducing a new option: Jerry Robinson's *The Weightless Workout*. *The Weightless Workout* proves it's not how much you lift, but how you lift that counts. Using synergistic principles, along with specially designed bodyweight exercises, *The Weightless Workout* delivers the same mass-building power usually associated with high-resistance weight routines! *The Weightless Workout* takes the principles and routines from Robinson's best-selling *Secrets of Advanced Bodybuilders* program, and applies them to the bare materials at hand: bodyweight and gravity. Additional routines extend the concept to include equipment that might easily be found, carried, or improvised when you're away from the gym. Now you can take the burn with you anywhere! Soft Cover / 138 pages

About the author: Jerry Robinson is president and research director of Health For Life, a company committed to publishing sound, scientifically based information on all aspects of fitness and conditioning. Through a series of unique training guides, Health For Life addresses the goals and concerns of a dedicated readership of individuals - now over a quarter of a million strong-who perform a wide variety of physical activities. Every year, Health For Life receives hundreds of unsolicited endorsements from these readers, as well as their trainers, coaches, and physicians, all attesting to remarkable and unparalleled results.

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