

upper back bodyweight exercises

Mastering Your Upper Back: A Comprehensive Guide to Bodyweight Exercises

upper back bodyweight exercises offer a potent and accessible pathway to a stronger, more resilient physique, empowering individuals to cultivate improved posture, reduce pain, and enhance overall athletic performance without the need for specialized equipment. The upper back, comprising crucial muscles like the rhomboids, traps, and rear deltoids, plays a vital role in everything from supporting the head and neck to enabling powerful pulling movements. This article delves deep into the most effective bodyweight strategies for targeting these often-neglected muscle groups, providing detailed instructions, variations, and insights to help you build a robust upper back from the ground up. We will explore foundational movements, progression techniques, and the importance of incorporating these exercises into a balanced training regimen for optimal results.

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Understanding the Importance of Upper Back Strength

A strong and well-developed upper back is fundamental for good health and functional movement. It acts as the central stabilizer for the shoulders and arms, directly influencing your posture and reducing the risk of slouching, rounded shoulders, and associated discomfort. When these muscles are weak, the body compensates, often leading to strain on the neck, shoulders, and even the lower back. Prioritizing upper back development is not just about aesthetics; it's about creating a resilient and pain-free body capable of handling daily physical demands with ease.

The intricate network of muscles in the upper back, including the trapezius, rhomboids, latissimus dorsi, and posterior deltoids, are essential for a wide range of activities. They are critical for maintaining an upright posture against gravity, pulling objects towards you, and stabilizing the shoulder blades during overhead movements. Neglecting this area can lead to a muscular imbalance, where the chest and front of the shoulders become disproportionately stronger, further exacerbating postural issues and increasing the likelihood of injury. Bodyweight training provides an excellent entry point for strengthening these muscles effectively.

Why Focus on Upper Back Bodyweight Exercises?

The beauty of upper back bodyweight exercises lies in their accessibility and effectiveness. You don't need a gym membership or expensive equipment to cultivate a powerful back. These exercises can be performed almost anywhere, at any time, making them ideal for home workouts, travel, or even a quick session at the park. Furthermore, bodyweight training allows for a natural progression, where you can gradually increase the challenge by altering leverage, tempo, or adding variations as your strength improves.

Beyond convenience, bodyweight exercises often promote better proprioception and a deeper mind-muscle connection. This means you become more attuned to how your body moves and how to engage specific muscle groups efficiently. For individuals experiencing upper back pain or stiffness, bodyweight movements can be a gentle yet effective way to build strength and mobility, gradually restoring function and reducing discomfort without excessive load that might aggravate existing issues. They also promote core engagement, as many upper back exercises require significant stabilization from the abdominal and lower back muscles.

Foundational Upper Back Bodyweight Exercises

Building a strong foundation for your upper back starts with mastering a few key movements. These exercises target the primary muscles responsible for posture, scapular retraction, and pulling strength. Focus on proper form and controlled execution to maximize benefits and minimize the risk of injury. Each exercise can be modified to suit different fitness levels, making them suitable for beginners and advanced practitioners alike.

1. The Superman

The Superman is a fantastic exercise for strengthening the erector spinae, rhomboids, and glutes. It mimics the action of extending the spine and retracting the shoulder blades. To perform a Superman, lie face down on the floor with your arms extended overhead and legs straight. Simultaneously lift your arms, chest, and legs off the ground, squeezing your glutes and upper back muscles at the peak of the movement. Hold for a second or two, then slowly lower back to the starting position. Focus on engaging your core to prevent arching your lower back excessively.

Progression for Supermans

- **Increased Hold Time:** Hold the contracted position for longer periods.
- **Arm/Leg Variations:** Lift only opposite arm and leg, or lift one arm and both legs.
- **Tempo Control:** Slow down the eccentric (lowering) phase for increased time under tension.

2. Prone T Raises

Prone T Raises specifically target the muscles between the shoulder blades, namely the rhomboids and mid-trapezius. Lie face down on the floor with your arms extended out to the sides, forming a 'T' shape with your body. Your thumbs should be pointing towards the ceiling. With your head and neck in a neutral position, engage your upper back muscles to lift your arms off the floor. Imagine trying to pinch your shoulder blades together. Lower your arms with control. Ensure you are lifting with your back muscles, not just momentum.

Tips for Prone T Raises

- Keep your head and neck relaxed, looking down at the floor.
- Avoid shrugging your shoulders towards your ears.
- Focus on the contraction of the muscles between your shoulder blades.

3. Prone Y Raises

Similar to the T Raise, the Prone Y Raise targets a slightly different area of the upper back, emphasizing the lower trapezius and posterior deltoids. Lie face down with your arms extended overhead at an angle, forming a 'Y' shape. Your thumbs should be pointing upwards. Lift your arms off the floor, focusing on squeezing your shoulder blades down and back. The movement should be slow and controlled, with an emphasis on feeling the engagement in the upper back. Lower your arms back down with control.

Key Focus Areas for Y Raises

- Initiate the movement from your upper back, not your arms.
- Maintain a neutral spine throughout.
- Imagine pulling your shoulder blades down your back.

4. Prone W Raises

Prone W Raises are excellent for strengthening the muscles that help maintain good posture and provide stability for the shoulders. Lie face down and bring your arms up and bent at the elbows, forming a 'W' shape. Your palms should be facing the floor. Lift your arms off the floor by squeezing your shoulder blades together and down. The elbows should remain bent throughout the movement.

Focus on retracting and depressing your shoulder blades. Return to the starting position slowly and with control.

Execution Cues for W Raises

- Keep your elbows tucked in close to your body.
- Think about pulling your elbows back and down.
- Maintain tension in your upper back throughout the lift.

5. Bodyweight Rows (Inverted Rows)

Bodyweight rows, also known as inverted rows, are one of the most effective bodyweight exercises for building overall upper back thickness and pulling strength. You can perform these using a sturdy table, a low bar, or even suspension trainers. Set yourself up underneath your anchor point, gripping it with an overhand grip, hands slightly wider than shoulder-width apart. Hang with your body in a straight line, heels on the ground. Pull your chest towards the anchor point, squeezing your shoulder blades together. Lower yourself back down with control, maintaining tension in your upper back throughout the movement.

Variations and Progressions for Bodyweight Rows

- **Angle Adjustment:** The more horizontal your body, the harder the exercise.
- **Grip Variations:** Experiment with underhand (chin-up grip) or neutral grips.
- **Tempo:** Slow down the eccentric phase or pause at the top.
- **Single-Arm Rows:** For an advanced challenge, perform with one arm.

6. Scapular Wall Slides

Scapular Wall Slides are a fantastic mobility and activation exercise for the serratus anterior and lower trapezius, crucial for shoulder blade health and stability. Stand with your back against a wall, feet a few inches away. Place your forearms and the backs of your hands against the wall, with your elbows bent at 90 degrees, forming a goalpost shape. Keeping your arms, wrists, and elbows in contact with the wall, slide your arms upwards as far as possible without losing contact. Then, slowly slide them back down. Focus on keeping your shoulders down and back, not letting them shrug.

Focus Points for Wall Slides

- Maintain continuous contact with the wall.
- Move slowly and deliberately.
- Feel the muscles around your shoulder blades working.

Progressive Overload with Bodyweight Upper Back Training

The principle of progressive overload is essential for continued muscle growth and strength gains. While you can't simply add more weight with bodyweight exercises, you can manipulate several variables to make them more challenging. This ensures that your muscles are continually stimulated to adapt and become stronger. Without progression, you will plateau, and your results will stagnate.

Increasing Volume and Frequency

One of the most straightforward ways to progress is by increasing the number of repetitions you perform for each set, or by adding more sets to your workout. For instance, if you can comfortably do 10 Supermans, aim for 12 or 15. You can also increase the frequency of your workouts, performing upper back exercises more often throughout the week, provided you allow for adequate recovery. Ensure you are not compromising form for higher numbers.

Manipulating Leverage and Angles

Changing the leverage or angle of a bodyweight exercise can significantly increase its difficulty. For bodyweight rows, this means making your body more horizontal. For exercises like Supermans, you can increase the lever arm by extending your arms further overhead. Experimenting with different body positions can uncover new challenges and target muscles in novel ways, forcing them to adapt to increased resistance.

Tempo and Time Under Tension

Slowing down the tempo of an exercise, particularly the eccentric (lowering) phase, dramatically increases the time your muscles spend under tension. Instead of lowering yourself quickly during a bodyweight row, take 3-5 seconds to descend. This increased time under tension can lead to greater muscle hypertrophy and strength. Pausing at the peak contraction for a few seconds also adds to the challenge and can enhance muscle activation.

Introducing Variations and Advanced Movements

As you become stronger, seek out more challenging variations of existing exercises or incorporate entirely new, more demanding movements. For example, progressing from standard Supermans to single-arm/single-leg variations, or moving from incline bodyweight rows to decline variations. Advanced exercises like Archer Pull-ups (if you have access to a bar) or variations of ring rows with unstable surfaces can provide continuous challenges.

Integrating Upper Back Work into Your Routine

To achieve optimal results, it's crucial to integrate your upper back bodyweight exercises into a well-rounded training program. Simply performing these exercises in isolation may not yield the best outcomes. Consider how your upper back training complements your overall fitness goals, whether they are related to strength, posture, or athletic performance. Balancing your training is key to preventing imbalances.

Balancing with Pushing Movements

A common mistake is neglecting the posterior chain while overemphasizing anterior (front) muscles. Ensure your upper back training is balanced with pushing exercises like push-ups, dips, and overhead presses. This balanced approach promotes good posture, prevents muscle imbalances, and reduces the risk of injury by ensuring opposing muscle groups are equally developed. Aim for a similar volume or intensity between pushing and pulling movements.

Consistency and Recovery

Consistency is paramount in any training regimen. Aim to train your upper back at least 2-3 times per week, allowing for adequate rest between sessions. Overtraining can lead to burnout and injury, so listen to your body and prioritize recovery. Adequate sleep, nutrition, and hydration are essential components of muscle repair and growth. Don't underestimate the power of rest days.

Listen to Your Body

Pay close attention to how your body feels. If you experience sharp pain, stop the exercise immediately. Differentiate between muscle soreness (DOMS) and joint pain. It's normal to feel muscle fatigue and even some soreness after a challenging workout, but sharp or persistent pain is a warning sign. Proper warm-ups and cool-downs can also help prepare your body for exercise and aid in recovery, further reducing the risk of injury.

By incorporating these comprehensive upper back bodyweight exercises and progression strategies

into your routine, you can effectively build a stronger, more resilient, and aesthetically pleasing upper back. The journey to improved posture and functional strength is accessible to everyone, regardless of their current fitness level or access to equipment.

Frequently Asked Questions About Upper Back Bodyweight Exercises

Q: What are the main benefits of doing upper back bodyweight exercises regularly?

A: Regularly performing upper back bodyweight exercises can lead to significantly improved posture, reduced back pain and stiffness, increased strength for pulling movements, enhanced shoulder stability, and a more balanced physique. They also contribute to better overall core engagement and functional mobility.

Q: How often should I incorporate upper back bodyweight exercises into my training routine?

A: For optimal results, aim to incorporate upper back bodyweight exercises 2 to 3 times per week. Ensure you allow at least one full day of rest between training sessions for your muscles to recover and rebuild.

Q: Can I build significant muscle mass in my upper back using only bodyweight exercises?

A: Yes, it is possible to build significant muscle mass using only bodyweight exercises, especially if you are a beginner or intermediate. The key is to apply progressive overload by manipulating exercise variations, repetitions, sets, tempo, and rest periods to continuously challenge your muscles.

Q: What is the best upper back bodyweight exercise for improving posture?

A: Exercises like the Superman, Prone T and Y Raises, and Bodyweight Rows are excellent for improving posture. They target the muscles responsible for retracting the shoulder blades and extending the spine, counteracting the effects of prolonged sitting and slouching.

Q: I have a desk job and experience upper back tightness. How can bodyweight exercises help me?

A: Bodyweight exercises like Scapular Wall Slides can significantly help with upper back tightness by improving scapular mobility and activating underused muscles. Consistent practice of these exercises, along with postural correction awareness, can alleviate tightness and discomfort.

associated with sedentary work.

Q: Are there any risks associated with performing upper back bodyweight exercises without proper guidance?

A: The primary risks involve performing exercises with poor form, which can lead to muscle strains, joint irritation, or exacerbation of existing conditions. It is crucial to focus on controlled movements, proper technique, and to listen to your body to avoid injury. Starting with simpler variations and gradually progressing is recommended.

Q: How do I know if I am progressing effectively with my upper back bodyweight exercises?

A: You will know you are progressing effectively if you can perform more repetitions with good form, complete more sets, or if the exercises start to feel easier over time. You might also notice improvements in your posture, a reduction in discomfort, or increased strength during other physical activities. Documenting your workouts can help track progress.

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fundamental principles, safety, and equipment to building strength through tailored exercises. It then explores cardiovascular conditioning with running and shadowboxing, followed by coordination and technique drills. Culminating in sample workout programs, the book also provides practical advice on nutrition, recovery, and injury prevention. This approach empowers readers with the tools to achieve physical and mental well-being.

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power of bodyweight exercises. Dive into a holistic approach to fitness that transcends traditional routines, offering a comprehensive understanding of how to harness your body's potential for optimal health and well-being. Explore the fundamentals of calisthenics, mastering essential movements like push-ups, pull-ups, squats, and planks. This book provides detailed instructions, insightful tips, and progressive workout plans suitable for all fitness levels. Understand the science behind bodyweight training, engaging multiple muscle groups, enhancing flexibility, and promoting functional strength. Unlock the secrets of progressive overload and smart programming to ensure continuous growth in your fitness journey. Bodyweight Mastery isn't just about physical strength; it's a holistic approach that includes chapters on mobility, flexibility, and mindfulness. Learn how bodyweight exercises sculpt your physique and improve mental resilience, fostering a balanced and sustainable approach to overall well-being. Navigate a variety of workout routines tailored to specific goals, from building muscle to shedding fat or improving endurance. Clear illustrations and step-by-step guidance ensure you perform each exercise with confidence, maintaining proper form for maximum results. This book is not just a fitness guide; it's a companion on your journey, featuring inspiring success stories, motivational anecdotes, and expert insights. Beyond the physical, Bodyweight Mastery addresses mental barriers, providing strategies to stay motivated, set realistic goals, and overcome challenges. Whether you're a beginner starting your fitness journey or an experienced enthusiast seeking new challenges, Bodyweight Mastery is for everyone. With 2,000 characters, this description captures the essence of a dynamic and engaging resource that guides you toward a healthier, stronger, and more vibrant life. Unleash your full potential in fitness with this empowering book, recognizing your body as your greatest asset.

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how they translate to everyday life and athletic endeavors. What sets this book apart is its emphasis on individualized programming, providing the knowledge to assess movement patterns and tailor exercises to specific needs.

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upper back bodyweight exercises: The Best Abdominal Exercises You've Never Heard Of (Enhanced Edition) Ben Greenfield, Nick Nilsson, 2012-02-17

upper back bodyweight exercises: 21 Days to Bigger Arms Grant Michaels, 2014-04-29 Get Arms Superman Would Be Jealous Of If you are a man there is a large chance that you care very much what your arms look like. If you have always dreamed of having chiseled arms the Greek gods would look at with envy, then look no further than Grant Michael's new workout guide. This exercise plan has the go to exercises to give toned and muscle packed arms. He will work with you so that you understand the fundamentals of increasing your muscle mass, which muscles are located in your arms, and which other areas of the body can help to increase your arm muscle size. After 21 days of using this guide, you will not believe the results that you finish with. How Will These Exercises Impact Your Arm Muscles? Grant uses the method of progressive overload to help you reach your desired arm size. You will learn how to increase your weight lifting to cause your muscles to want to strengthen themselves to better handle the extra weight. However, you will also learn to weight train the correct way to make sure that your muscles are increasing in size without becoming injured. The exercises used in this book are, Isolation - focuses on one particular set of muscles such as the biceps or triceps. & Compound - decreases the chance of injury by using a combination of muscles in each exercise. Each exercise included in this book will involve using barbells or dumbbells, which every weight training program should. You will get great ideas for performing compound exercises on your arm muscles to avoid looking like Popeye, and you will get 5 isolation techniques for both your biceps and triceps. What Is the Importance of Using Weight Training on Your Arm Muscles? Weight training is essential for one purpose - to increase your muscle mass. It is important to participate in rounded workout plans when weight training - especially when focusing on one area of the body such as the arms. If you give too much attention to one area of the arm or

only use one or two main weight lifting techniques, this can make your arm disproportional. Grant has seen to it that you get the best guide for fully working out your arms: the biceps, triceps, and the forearms. Each part of the arm requires specific exercises that are going to make sure they are given enough work to benefit. With this guide you will get a combination of presses, squats, rows, push-ups, chin-ups, curls, dips, and extensions to make an incredible difference on the overall size of your arm muscles. What You Will Feel when Finishing This Book After 21 days of using this guide, you should definitely have figured out how to make a real difference on your arm mass. This workout is a jumping off point that will give you many starter points that you probably would have never realized on your own. You will be ready to tackle more exercises as well as progressively increase your weight lifting amount.

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upper back bodyweight exercises: Teen Girls Balance Vivian Brooks, 2025-03-21 Are you a teen girl navigating the complexities of adolescence and striving to build a strong, healthy future? Teen Girls Balance is your comprehensive guide to understanding and optimizing bone health during these critical years. This book delves into the essential role of calcium, particularly as it's found in yogurt, and utilizes the latest dietary research to empower you to make informed choices that support lifelong well-being. This book addresses two significant areas: the importance of bone health during adolescence and the role of calcium-rich foods, specifically yogurt, in achieving optimal bone density. These topics are of vital importance because the teenage years are a crucial window for building peak bone mass, which significantly impacts future risk of osteoporosis and fractures. The

scientific understanding of bone development has evolved considerably over the past few decades. Early research focused primarily on calcium intake, but more recent studies emphasize the importance of vitamin D, weight-bearing exercise, and a balanced diet. Societal trends, such as increased consumption of processed foods and sedentary lifestyles, often negatively impact bone health in teen girls, making it imperative to provide evidence-based guidance tailored to this demographic. The central argument of Teen Girls Balance is that a proactive approach to bone health during adolescence, centered around calcium-rich foods like yogurt and supported by a balanced diet and lifestyle, is essential for setting the stage for a strong and healthy future. This argument is critical because it empowers teen girls to take control of their health destiny and mitigate the risk of bone-related issues later in life. The book is structured to provide a comprehensive understanding of bone health. It begins with an introduction to bone biology, explaining the processes of bone formation and remodeling. It then delves into the role of calcium, exploring its functions beyond bone health and examining various dietary sources of calcium. A dedicated section focuses on yogurt, analyzing its calcium content, bioavailability, and potential health benefits. Further chapters explore the roles of other key nutrients (such as Vitamin D and K), the importance of exercise, and the impact of lifestyle factors such as sleep and stress. Finally, the book culminates in practical guidance for incorporating these insights into daily life, including meal planning, recipe ideas, and strategies for overcoming common barriers to healthy eating and activity. The evidence presented in Teen Girls Balance is drawn from a variety of sources, including peer-reviewed scientific studies, meta-analyses, and expert opinions from nutritionists and healthcare professionals. The book synthesizes findings from epidemiological studies examining bone health outcomes in adolescent populations, as well as clinical trials evaluating the effects of calcium supplementation and dietary interventions. Teen Girls Balance connects to several related fields, including nutrition science, exercise physiology, and behavioral psychology. The book utilizes principles of nutrition science to explain the role of various nutrients in bone health. It draws on exercise physiology to describe how physical activity stimulates bone growth. And it incorporates behavioral psychology to address the challenges of adopting and maintaining healthy habits. This book distinguishes itself by providing a holistic and empowering approach to bone health. It recognizes the unique challenges faced by teen girls and offers practical, evidence-based strategies for navigating these challenges. Unlike many general health guides, Teen Girls Balance focuses specifically on the needs of adolescent girls, recognizing the critical window of opportunity for building peak bone mass during these years. The tone is conversational and informative, designed to be accessible and engaging for teen readers. Complex scientific concepts are explained in a clear and understandable manner, avoiding technical jargon and using relatable examples. The primary audience is teen girls aged 13-19. This book will also be a valuable resource for parents, educators, and healthcare professionals who want to support teen girls in making informed choices about their health. As a health and fitness guide, this book provides accurate, evidence-based information and practical advice for improving bone health. It aims to empower teen girls to take control of their health and well-being by making informed choices about their diet and lifestyle. The book focuses on healthy and balanced diet for supporting bone health. It acknowledges that some complex bone deficiency issues need direct, personalized medical advice. The information can be applied practically through meal planning, recipe ideas, and exercise recommendations. Teen girls can use this information to make informed choices about their diet and lifestyle, ultimately contributing to stronger bones and a healthier future. Teen Girls Balance acknowledges there are ongoing discussions about the optimal levels of calcium intake and the potential risks and benefits of supplementation. The book addresses these debates by presenting a balanced perspective, emphasizing the importance of obtaining calcium primarily from food sources and consulting with a healthcare professional before taking any supplements.

upper back bodyweight exercises: Testosterone: How to Boost Your Testosterone With Natural Bee Products (The Science Based Approach to Naturally Transforming Male Testosterone Levels) Charles Clements, 101-01-01 Testosterone levels have steadily been declining in men for the

past few decades, the modern lifestyle is not conducive to male testosterone level. However you are in control of this situation if you choose to be! The amount of testosterone your body makes is impacted by your daily choices. From the food you eat to the health of your liver and the amount of sleep you get, these all impact testosterone production. Inside the masterclass: • The science behind testosterone and how it is made. • What exercises you should and shouldn't do and why. • My entire 7-day workout plan i used to boost testosterone. • Home workout plans for all abilities, beginner, intermediate and advanced. • A detailed map of foods you should and shouldn't eat, in order to maximize testosterone and why. • A full supplementation protocol in order to take your testosterone to the next level • Bonus underground testosterone boosting hacks that aren't talked about. • The 23 commandments, the big mistakes to avoid in order to safe guard your testosterone. This hormone is not just all about sex and reproductive organs. T hormone also plays a role in maintaining body function. It contributes to better fat metabolism in the body. It plays a role in muscle building. It also helps in regulating, maintaining and protecting various organs in the body such as the heart. If the body cannot produce enough t hormones, a lot can happen. The reproductive functioning is reduced. Muscle mass decline and fat storage accelerates. There is also a higher risk for serious chronic illnesses like diabetes, stroke, heart attack and, even cancer.

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Salad Recipe Books: When it comes to a quick, healthy, meal that you are guaranteed to always feel good about after the fact, nothing beats a good salad! Unfortunately, without a little bit of help in the old idea department, it is easy for your average salad to fall into somewhat of a routine. That's where *The Complete Salad Recipe Cookbook* comes in as inside you will find dozens of recipes specifically chosen to help you spice up your boring old salads. It doesn't matter what type of meal-shaped hole that you are trying to fill, whether you are looking for something that is ready in minutes, a traditional favorite, something for 10 or more of your closest friends or even something the entire family is sure to love.

Plant Based Diet Cookbook: Plant-based cooking is a nutritional avenue that allows you to fully appreciate food in its most uncultivated and whole form! Simply put, your new path to cooking will center on vegetables, fruits, nuts and seeds, spices, grains, beans, and cold-pressed oils. The list of possibilities is vast! Let *The Complete Plant-Based Cookbook* aid you in concocting distinctive and enticing recipes, allowing you to live a more healthy and colorful life. Inside, you will find mouth-watering recipes, from Turmeric Roasted Potatoes and Asparagus or a Thai Zucchini Noodle Bowl to a fresh Walnut and Pear Salad with a homemade Lemon Poppy Seed Dressing.

Binge Eating Overcome Eating: Obesity is omnipresent today. In many cities over half of the adults are obese, and many of the children are as well. One of the largest contributors to obesity is binge eating. Binge eating is when someone is driven to eat compulsively and keeps eating passed the point of fullness and even passed the point of physical pain. It is often done in an altered state of consciousness in which the eater doesn't even notice that she/he is eating. Binge eating quite often, is a contributing factor to the diabetes epidemic. This book will discuss the causes of binge eating and learn how to stop it! By learning what triggers a binge eating episode, a person is empowered to break the cycle that keeps them unhealthy and unhappy. Also explained is why diets will not make you thinner nor stop overeating. The bad habits that keep you locked into continuing binge eating are described along with an easy way to do away with them. A guide to making a food plan that will give you complete control over your food intake is included.

Bodyweight Training: Think you need to hit the gym hard-core and work until you're sore to lose weight and improve your fitness and strength levels? Think again. You could do all of that and more, and all you need is your own body weight to do it! Your body is an incredible machine, stronger and more capable than you know, and it is in this book that you will learn just how to improve and adapt your fitness routines to harness your bodyweight training exercises for improved results.

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