

# The Ultimate Bodyweight Workout

*author: The Blokehead*

---

2026-06

# Synopsis

---

author	The Blokehead
readBy	Timothy McKean
inLanguage	english

The bodyweight exercises and training that you will find in this audiobook are proof that you do not need money to build a strong, lean, and muscular body. You can work out all your major muscle groups by choosing the right workout set for the day. To prevent injuries, you should avoid working out the same muscle groups in consecutive days. Listen to this audiobook to know more!

## Reader's comments

---

comment 1:

â€"â€" ()