

**You Are Your Own Gym: The Bible Of Bodyweight
Exercises By Mark Lauren**

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Mark Lauren. Mark Lauren trained US Special Forces operatives for over a decade and revolutionised the US army's training regimes. During that time he effectively

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About Mark Lauren. I am the author of You Are Your Own Gym; The Bible of Bodyweight Exercises and Body By You. Use the body you have to build the body you want! [View](#)

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Jan 24, 2012 You Are Your Own Gym has 1,844 ratings and 153 reviews. Vhalros said: This book, is, as the name suggests a book describing body weight exercises, and a p

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You are your own gym review - mark lauren's

In Conclusion: You Are Your Own Gym is NOT a diet plan. Nor is it a body building book. It is what it says it is: The Bible of Bodyweight Exercises for Men and Women

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UPDATE: There is now a companion app for iPhone available on the app store! Search for "You Are Your Own Gym" on iTunes. This app goes great with the book since it

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