

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

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Mark Lauren @ yourowngym. Author of You Are Your Own Gym; The Bible of Bodyweight Exercises. Use the body you have to build the body you want! It's fitness made simple.

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Genre/Form: Electronic books: Additional Physical Format: Print version: Lauren, Mark, 1972-You are your own gym. New York : Ballantine Books Trade Paperbacks, 2011

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### **Illustrated bodyweight exercises: fast, effective**

Mark Lauren, author of You Are Your Own Gym: The Bible of Bodyweight Exercise for Men and Women (Ballantine, 2011), doesn t train movie stars.

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You Are Your Own Gym The bible of bodyweight exercises for men and women.

### **You are your own gym: the bible of bodyweight**

You are Your Own Gym: The Bible of Bodyweight Exercises by Mark Lauren, Joshua Clark, 9780345528582, available at Book Depository with free delivery worldwide.

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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

### **You are your own gym | critical mas**

This book is full of exercise ideas that only require your own body weight. You Are Your Own Gym: The Bible of Bodyweight Exercises by Mark Lauren does a good

### **Mark lauren, joshua clark - you are your own gym:**

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