



Men's Health Your Body Is Your Barbell: No Gym. Just Gravity. Build a Leaner, Stronger, More Muscular You in 28 Days!

BJ Gaddour

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With *Men's Health Your Body Is Your Barbell*, a reader will have no excuse not to get into the best shape of his or her life . . . simply, easily, and in just 6 weeks in the convenience of his or her own home.

Metabolic training expert BJ Gaddour, CSCS, whom *Men's Health* magazine calls one of the 100 fittest men of all time, has created a remarkably efficient and effective body-transforming workout and nutrition program based on just a handful of simple moves, the Bodyweight Eight. These no-equipment-required exercises are all one needs to build a strikingly symmetrical, perfectly proportioned, and classically beautiful physique, just like BJ's.

Once readers master each legendary fitness feat with perfect form, they will use BJ's scalable, step-by-step progressions to go from ground zero to superhero. From these exercise variations, readers can construct hundreds of personalized workouts. Dozens of sample routines are already demonstrated through big, bold how-to photographs within the book and organized by goal, duration, intensity, and targeted body zone. This is the only book a man or woman needs to achieve the body he or she has always wanted anywhere . . . and without gear.

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