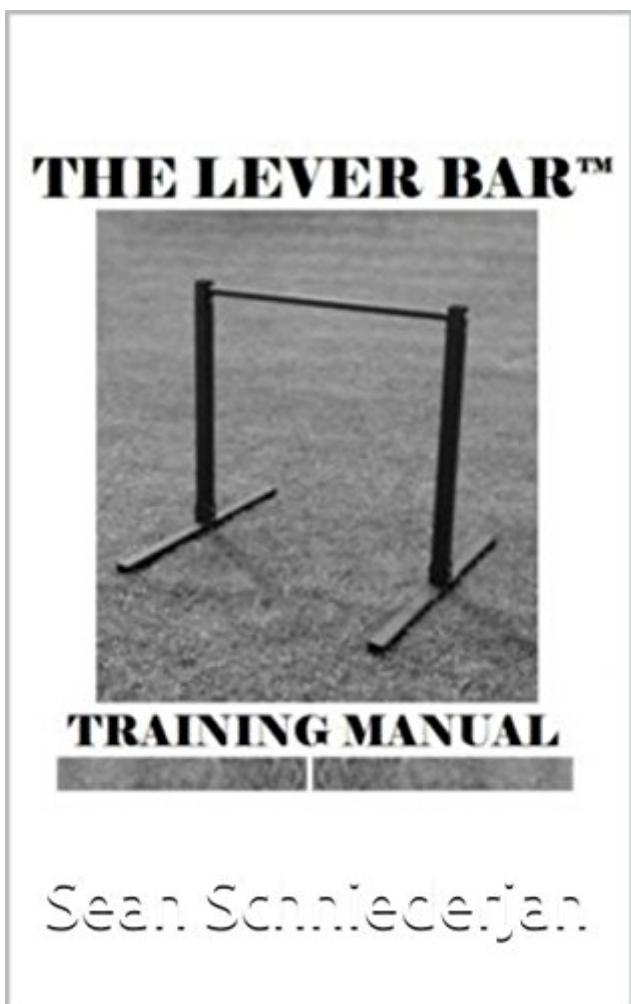


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# The Lever Bar™ Training Manual: For Stronger, Leaner & Muscular Abs, Obliques & Lats In Minutes A Day From Home



## Synopsis

NEW: Includes links to free 7 part video series on the Lever Bar and new ab and oblique exercises, and fun pullup progressions. If you want to replace belly fat with seriously strong muscle around your torso (abs, lats & obliques), check out Lever Bar training. The Lever Bar is a new tool in the classic bodyweight strength training tradition that makes world class core training easily accessible to anyone. Difficulty ranges from easy to "Mt. Everest" level difficult. Benefits of Lever Bar training:- Get it Back or Get it Back Better- Replace Belly Flab/Fat with Muscle Around Your Torso • Abs, Lats & Obliques- Look and Feel Better In Two Minutes a Day From Home- Increase Testosterone and Your Natural Sex Drive- Develop a Fiercely Injury-Resistant Core and Back- Low Impact Exercises for Healthier Joints- Drastically Increase Ab & Rotational Strength - Strength from the Center- Increase Your Upper Body Pulling And Pushing Strength With One Simple Tool- Progress in Only Minutes a Day- Best Coach You've Ever Had • Stay Focused in Your Training by Varying the Same Theme (Abs/Lats/Obliques)- Challenge Yourself As You Chisel • Easy to • Mt. Everest • Difficult Progressions- Increase Pull-up Numbers and Overall Strength With Stronger Abs and Lats- Improve Hip Function- Increase Grip Strength and Muscle in ForearmsThe Lever Bar is a new tool in the classic bodyweight strength tradition. This manual explains the exercises, progressions, trouble-shooting, and how to get a Lever Bar if you don't have the right set up or you just want a quality piece of training equipment.

## Book Information

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