



The Ultimate Guide to Bodyweight Squats and Pistols

Logan Christopher

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Find out more from the author Logan Christopher at **www.LegendaryStrength.com** on bodyweight training and more.

This is one of several books in the The Ultimate Guide to Bodyweight Training series. Be sure to check out the other volumes available here.

This book is divided up into four main sections.

Beginner - Work up to a Full Range of Motion in the Squat

Intermediate - Do variations, and build up to hundreds and even thousands of reps

Intermediate Part 2 - Work up to your first one leg squat

Advanced - Master the pistol with more reps, explosive and harder variations and even adding weight

- * 7 Tips to achieving a deeper squat
- * A simple training plan to achieve your first 100 rep squat set
- * More advanced routines to work up to 500 or even 1000 reps if you choose
- * Different ways to hold a weight in the pistol and how it changes up the move
- * Tons of variations for more targeting of the quads, hips, glutes, calves and more
- * Ramp up your conditioning with these explosive variations
- * Some rare squat variations that few people know about
- * Step by step progress to get your first pistol
- * Why many personal trainers teach the WRONG FACTS about squatting and what to do instead
- * Learn which pullup variations are best, and which ones aren't so good.

Approximately 42 exercises are discussed in depth. Several workouts and training plans are given to help you achieve your goals.

This book can and will take you from not being about to squat fully down to easily doing reps on one leg in a full range of motion.



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