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Bodybuilding exercises without equipment video

Home Workouts provides daily workout routines for all your main muscle groups. In just a few minutes a day, you can build muscles and keep fitness at home without having to go to the gym. No equipment or coach needed, all exercises can be performed with just your body weight.The app has workouts for your abs, chest, legs, arms and butt as well as full body workouts. All the workouts are designed by experts. None of them need equipment, so there's no need to go to the gym. Even though it just takes a few minutes a day, it can effectively tone your muscles and help you get six pack abs at home.The warm-up and stretching routines are designed to make sure you exercise in a scientific way. With animations and video guidance for each exercise, you can make sure you use the right form during each exercise.It's more than just a personal trainer. Stick with our home workouts, and you will notice a change in your body in just a few short weeks.Features*On "Me" page, turn on the "Apple Health" switch to sync the information of your height, weight, calories to Apple Health*No surprise and hidden charges*Warm-up and stretching routines*Records training progress automatically*The chart tracks your weight trends*Customize your workout reminders*Detailed video and animation guides*Lose weight with a personal trainer*Share with your friends on social mediaBodybuilding AppLooking for a bodybuilding app? No satisfied bodybuilding app? Try our build muscle app! This build muscle app has effective muscle building workout, and all muscle building workout is designed by expert.Strength Training AppIt's not only just a build muscle app, but also a strength training app. If you are still looking for muscle building workout, muscle building apps or strength training app, this muscle building apps is the best one you can find among the muscle building apps.Home Workouts for MenWant effective home workouts for men? We provide different home workouts for men to workout at home. Get six pack abs in a short time!Subscription Terms and Details- Get unlimited access to all features for USD \$39.99/year. - The payment will be charged to your iTunes account at confirmation of purchase.- The subscription automatically renews unless auto-renew is turned off at least 24 hours before the end of the current period.- Subscription may be managed and auto-renewal may be turned off by going to Account Settings after purchase.- The account will be charged for renewal within 24 hours prior to the end of the current period.- Any unused portion of a free trial period will be forfeited when the user purchases a subscription to that publication.Privacy Policy: of Use: Apr 19, 2021 Version 1.7.0 • Improve user experience• Fix bugs I'm not a bodybuilder, I'm a stay at home mom with 3 kids. My infant is heavy for their age, and I noticed that carrying them around all day was killing my back! So I downloaded Home Workouts and did the beginner back/shoulders routines for a short amount of time. I saw results so much faster than I expected! I swear within a week, my back was no longer hurting and it took longer before my arms "gave out" while holding my baby. I loved that I could effectively exercise within 10-15 minutes and without equipment (other than a mat). So, so easy to fit into my day. These results happened when did a free premium trial of Home Workouts earlier this year. Even with the results and how much I enjoyed the workouts, I wasn't sure I wanted to pay for an exercise app. I thought I could find something better for free, or that I could just do things I had learned from the app from memory. Long story short, I was wrong and I have barely exercised since deleting the app a few months ago. I re-downloaded yesterday and I am so excited to be working out again! I have a high metabolism and this app's workouts work great for lean mass gain. The workouts are easy and don't take up to much time. Depending on how you set up your regimen it can take 5-25 minutes. I do separate workouts everyday of the week and at the end of the month I do a whole weeks worth of a monthly challenge as a benchmark. I usually continue to lose wait when I work out. But this app is great for losing weight and also cutting and bulking. I don't know if this app has a dietary area but I believe that a dietary area based on body weight and BMI index would be a great addition to this app. It would be great for people like me who are trying to put on some healthy pounds, but also great for people who are just trying to get in shape. I would like to thank the app developers for this masterpiece and I would also like to ask if you would keep this idea in mind. Take care of yourselves. I'm going to be a long time user of this app. It's a real game changer. I just downloaded this app to try it out since it had great reviews. However I cannot find a way to unsubscribe anywhere inside the app or on the developer website. Now I'm afraid I'm going to be charged wether I like the app or not.... I will update if I can find an option to unsubscribe.Update: I had open the app and it asked for a review and I clicked 1 star and one of options said something about technical support and I was able to send an email to their support team. In the meantime I got an email from apple the next day to confirm my subscription. I clicked on the link and was able to unsubscribe. About 24 hours after the email to support I got a response back with instructions on how to unsubscribe. The instructions didn't work for my version of iOS. Thankfully I was able to use the apple email link. I still think they should have the option built into the app and they may have added it with the newest update. I will give it a 4 instead of a 1. I cannot speak to the app because I never got to use it during the trail period. The developer, ABISHKING LIMITED., indicated that the app's privacy practices may include handling of data as described below. For more information, see the developer's privacy policy. The following data may be used to track you across apps and websites owned by other companies: The following data may be collected and linked to your identity: Health & Fitness Contact Info Identifiers Usage Data The following data may be collected but it is not linked to your identity: User Content Usage Data Diagnostics Privacy practices may vary, for example, based on the features you use or your age. Learn More Developer Website App Support Privacy Policy bodybuilding exercises without equipment video download

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