



The Best Exercises You've Never Heard of: Shock Your Body Into New Gains

Nick Nilsson

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If you've reached a plateau in your workout or if your training routine has become stale and boring, it's time to shake things up. Nick Nilsson's *The Best Exercises You've Never Heard Of* is a compilation of nearly 90 of the most innovative and unique exercises ever devised. This book is the essential workout guide for anyone looking to find new exercises and workouts, get stronger, and train more efficiently. No matter how seasoned an expert you are, it is unlikely that you've heard of even a single exercise in this book.

The Best Exercises You've Never Heard Of contains exercises for every muscle group. Each exercise is expertly demonstrated with photographs, detailed instructions, tips and tricks, and information on how to avoid common errors. This book will help you get the most out of your workout at all times and is a must-read for anyone serious about their training.

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