

---

# CONTENTS

Preface vii

Acknowledgments x

CHAPTER	<b>1</b>	<b>THE BODYWEIGHT CHALLENGE</b>	<b>1</b>
CHAPTER	<b>2</b>	<b>ARMS</b>	<b>5</b>
CHAPTER	<b>3</b>	<b>NECK AND SHOULDERS</b>	<b>19</b>
CHAPTER	<b>4</b>	<b>CHEST</b>	<b>35</b>
CHAPTER	<b>5</b>	<b>CORE</b>	<b>55</b>

---

CHAPTER	<b>6</b>	<b>BACK</b>	<b>87</b>
CHAPTER	<b>7</b>	<b>THIGHS</b>	<b>105</b>
CHAPTER	<b>8</b>	<b>GLUTES</b>	<b>143</b>
CHAPTER	<b>9</b>	<b>CALVES</b>	<b>157</b>
CHAPTER	<b>10</b>	<b>WHOLE BODY</b>	<b>167</b>
CHAPTER	<b>11</b>	<b>PLANNING YOUR PROGRAM</b>	<b>187</b>

About the Author 212