

Bodyweight Workouts That Deliver Vitality, Health & Your Best Body Ever In Just 28 days.



Discover Secret Bodyweight Exercises And Workouts That Are Guaranteed To Add Explosive Muscular Strength, Melt Unwanted Stomach Fat And Drastically Increase Your Flexibility... And What's The BEST Part?

You Can Do These Workouts and MASSIVELY Enhance Your Fitness Anytime, Anywhere - No Equipment Necessary!



Adam Steer
NCCP-3, NSCA-
CPT,
CST-HC

I think I've burnt more fat in the last two weeks than I did in an entire month of long distance jogging.

*Ben Waddell
CST Coach & Fitness Pro, Queensland Australia*



Ryan Murdock
CST-HC



Ryan and Adam specialize in bodyweight exercises that 99.9% of other trainers have never even heard of... their clients fly them all over North America, Europe and Asia because their stuff burns fat and builds muscle so fast. Ryan and Adam are their secret weapons in the fight against fat and aging!

They've agreed to unlock their exercise vault and share these powerful exercises with the world so that YOU can lose belly fat and sculpt the body of your dreams at home with **NO Equipment** - Guaranteed.

Join The Bodyweight Exercise Revolution Risk-Free for 56 days!

This is portable fitness on the hurry-up for today's virtual nomads.





New York City kettlebell coach exclaims:

"I've printed the book out and it's one of the best body-weight exercise manuals out on the market."

Stanford Lee,

Kettlebellyogi.com, New York City

Is your hectic schedule sabotaging your goals?

The frantic pace of modern life means that finding time to exercise is always a problem. How many times have you fought traffic to get to a crowded gym, only to loaf around waiting for equipment? Michel Bedard was in this situation when he found Adam Steer. Now he trains entirely at home or during lunch hour at his office. This cuts hours out of his demanding schedule - and THAT means more time with his family.

Training at home is the perfect solution for the time-compressed. But if that were true, why aren't more people doing it? Most people start with the idea of setting up a nice little home gym, but they're discouraged by bulky, expensive equipment. And so they become slaves to a health club because they think there's no other way...

What your gym doesn't want you to know: you don't need a gym membership to get in the best shape of your life

Adam and Ryan despise the status quo. Their experience taught them that the world's most successful people demand innovative solutions. And the secret is you've been carrying around everything you ever needed to get in shape every day of your life. No, it isn't your wallet. Your bodyweight and a little specialized knowledge are enough to ensure incredible results and a lifetime of peak fitness.

Bodyweight training can be as tough or as gentle as you want it to be. If that's the case, then why aren't more people doing it? Probably lack of variation. Conventional bodyweight programs are dull! You can only do so many push-ups, sit-ups and jumping jacks before boredom drives you away. Adam and Ryan understand this. And they hate jumping jacks too. That's why they filled Bodyweight Exercise Revolution with the most innovative movements you've ever imagined.

And now, thanks to the miracle of the internet, you too can be one of their personal students!



German CEO uses Adam's methods to stay in shape and maintain the energy he needs for his demanding schedule:

"This is the only program that I stick to. My schedule is so busy that anything else just won't work. And it leaves me feeling energized for my work instead of beat down like other programs I've tried."

Norbert Demps, CEO Oceans Inc,

Munich Germany



Ryan's variations on the "simple" push-up blow the mind of old-school martial artists:

"I've been doing push ups for a long, long time. High school athletics through the Army (that stint involved thousands of plain ol' styled push ups), then through the myriad of martial arts schools I've involved myself with through many years. I must say that I haven't seen a push up program like the one Coach Murdock has offered. They don't put the repetitive stress that the old-school push up does, yet I feel the amazing strength-building results that these not-seen (at least by me in my five decades) exercises will have on my body. As someone who has pushed the planet dozens and dozens of miles with push ups, I am quite impressed!"





Kevin Lee Dougherty

Exercise will never be boring again











In this highly anticipated release, Ryan and Adam reveal the exact methods they've used to help clients reach their goals using the most innovative bodyweight exercise program ever created.

Based on the Circular Strength Training® (CST) system, Bodyweight Exercise Revolution applies cutting-edge research in biotensegrity - the frontier of anatomical studies - and the latest developments in sports science to make you healthier, fitter, happier and more beautiful than you've ever been before.

You can make serious progress and have serious fun without:

-  Dragging your butt to the gym.
-  Equipment.
-  Dull and repetitive exercise selections.
-  The inherent risk of injury that accompanies the usual high volume bodyweight programs.

Why not try this instead?:

-  Increased energy
-  Improved pain-free range of motion
-  Peace of mind from knowing that you're working towards your exact and personal goals
-  Fat loss
-  Greater strength
-  Muscle gain
-  Longevity
-  General athleticism
-  Fun-to-learn bodyweight exercises
-  Results in only 28 days!



The experts agree:
Bodyweight Exercise Revolution is a "must have"

Had a chance this weekend to go through the entire book.

The level of detail is astounding, and the sheer amount of information is jawdropping. And as a bonus, the layout of the ebook is very aesthetic. Kudos to you Keith!

This is one of the **best materials out there on bodyweight training** period. And for an articulation of the 4x7 process? The step by step nature of this book will take a beginner from the first day to an advanced level without delay!

This is a **must have** text...

Congratulations again!"

Jarlo Ilano, MPT, CST Head Coaching Staff

Physical Therapist and co-author of Prasara Primer Ebook

Ryan and Adam deliver their methods around the globe



Steve Kilbey of the legendary Australian rock band The Church sings Ryan Murdock's praises:

to be the best at music
to sing for three hours and run around

lugging a heavy bass guitar
to give under hot lights
to give under all conditions
to move fluidly and purposefully about the stage
to concentrate
to disengage to step outside and see yourself
to flow with your breath
to keep your shoulders and throat from locking up
to stay open to the universe
to anticipate and out-manuever the audience
to use that which is outside and pull it within
to do all these things
and deliver
to send it home where it all belongs
ryan murdock is THE coach
music is more than dots on a page
ryan murdock will help you deliver
and perform
your mental physical and spiritual centres aligned
making the most out of your music
ryan murdock....the musicians second best friend*

Steve Kilbey Bondi Beach Dec 2008

*after a warm milk n an early night!

The Aussi Crew Swings Clubs in the Park

"Training with Adam is an experience not to be missed."



"From his tips on getting the most out of Intu-Flow practice, to his record breaking methods for efficiency in the swipe, hammer swing and mill, Adam was able to make everything I was doing with Clubbells better almost instantly. Since the seminar, I have been amazed at the effect his instruction has had on my numbers in the three Trial by Fire exercises, however his principles-based teaching style means that I have been able to carry his instruction over to other exercises as well. Some of the movement concepts/improvements to my Intu-Flow practice have even improved my submission wrestling! I can't wait until Adam comes back to Australia for another stay. I will be first on the list for whichever wing of CST he is offering instruction on."

Stuart McDermid, Mobius Martial Arts

Dundas Valley, Sydney, Australia



A student of the rigorous National Personal Training Institute in New Jersey raves about Adam's coaching

"Most seminars make you move, but not all make you think. Coach Steer's CST seminar allowed me to reassess my definition of fitness and walk away with a honed focus on personal practice and a more deep-seated drive to recapture the kind of movement that is our birthright - the kind of movement that many of us keep buried beneath several layers of tension and fear. It's one thing to own the skill to perform, but an entirely different thing to own the ability to extend that skill of performance to others. Coach Steer owns both the inspiring abilities of performance and teaching that have helped me deepen my understanding of CST and shore up leaks in my performance. The seminar far exceeded my expectations and I look forward to future opportunities to learn from such an esteemed coach."

John Belkewitch,

New Jersey

Top UK martial artist puts his faith in the hands of Ryan

"I haven't trained body weight calisthenics for an awfully long time, and I haven't really cared to - until recently that is! Coach Murdock's bodyweight conditioning e-book is an essential purchase for both aspiring and seasoned athletes. Creative and innovative - this material is a must have. As a combat athlete I need to move well and be able to control my own body before I can hope to control someone else's. This is the material that takes me there. Thanks Coach!"

**Vik Hothi, UK Heavyweight MMA Stickfighting Champion, Founder of IMAS
(Integrated Martial Art Systems)**



Top level trainer seeks out Adam's coaching in Singapore

"Thanks for the wonderful seminar, Coach. It was everything I'd hoped for and more. Hope to see you back for another one at year's end."

**James Lee, Masters of Exercise Science, Trainer and CST
Instructor,**

Singapore

How can Adam and Ryan promise such impressive results?

The greatest problem with most exercise programs is an inability to balance work and rest. That is the single biggest reason clients fail to achieve their goals. Most coaches either have you training too hard or too often, burning you out in the process, or they have you training too light to get a proper training effect.

The formula laid out in Bodyweight Exercise Revolution ensures that you can work optimally on your High Intensity days in order to reap the maximum training effect in each cycle throughout the

program. Over the course of seven cycles of four days, the programs in BER push back your fitness threshold in ways you would not have believed possible if you hadn't experienced it for yourself. It's simply astonishing just how much difference 28 days can make!

There are some truly amazing tales of transformation associated with this formula. Adam personally gained 2.5 lbs of muscle and lost 5 lbs of fat in only 28 days using these methods. By systematically building rest and recovery into his training in a scientific way, he was able to hit new Personal Records consistently in almost all of his High Intensity training sessions. This would be impossible with a conventional linear training progression!

Adam's client Lauri was a kettlebell enthusiast who was training hard. Too hard. Her problem wasn't the volume of work she was doing, but that she wasn't balancing that hard work with deliberate recovery. With Adam's help she blew her previous kettlebell sport performance out of the water!

Another client, Michel, diligently plugged away at an exercise program that placed too much emphasis on flexibility, movement recovery and prehab, but didn't put any time into creating a training effect and provoking progress and growth. It wasn't until Michel discovered the magic of mixing high intensity exercise with recovery that the true feeling of wellness was revealed to him.

Using the formula laid out in Bodyweight Exercise Revolution ensures that you can work optimally on your high intensity days in order to reap the maximum training effect possible in each cycle throughout the program.

Those are just a few of the many success stories associated with this program. Ryan and Adam's Bodyweight Exercise Revolution gives you an inexpensive, portable, and fun way to take your training with you, wherever your active life might lead.

Scrawny No More!

Damien put 4.5 cm of girth on his shoulders and 0.5 cm on his chest in only 28 days!



"Working with Coach Steer I have personally experienced progress I would never have thought possible in a time-frame that I would never have believed!"

The value of body-weight exercises just cannot be denied in any faculty of athletic pursuit. Body-weight exercises can build strength, muscle mass, endurance, cardio health, promote fat loss and increase freedom of movement within ones body. Following Coach Steer's advice and using his methods I achieved all that and more.

Plus, his methods are fun! His approach is unique in that constantly sophisticating movement patterns and attention to health are priorities. Other systems I've followed just pounded out additional mindless reps or sets; and I never seemed to get the results I wanted. Finally, Coach Steer introduced me to the 4x7 protocol of waving intensities. I was amazed by how quickly I progressed, how much I looked forward to each new session and how much fun I had using this system."

Damien Bohler, Math Teacher and CST Instructor,

Thailand



The Fitness myth that's killing your results!

The fitness industry wants you to believe that you can't get in shape without expensive treadmills, elliptical machines, ab rollers, chest press machines, and leg curl contraptions. But it simply isn't true. You can indeed reach your fitness goals with nothing but your own bodyweight!

The most important indicator of true strength is how you can handle your own body weight. What the fitness industry doesn't tell you is that, because their machines do all the stabilizing work for you, your body doesn't have to learn to do any of that work for itself. So when you slip on ice or dive for that fly ball, your body doesn't quite know how to move correctly, and guess what? You get injured!

The innovative exercises contained in BER ensure that you gain both quality and quantity of movement. You don't just learn to move more and move heavier - you learn how to move better!



South African blogger & wellness professional reviews Bodyweight Exercise Revolution

"Probably the most amazing aspect of the protocols presented is that you don't need ANY equipment apart from your own body. Once the information has been integrated you can get fit, strong and lean anywhere without having to pay a cent in gym fees. If you really want to learn how to use your own body maximally I would highly recommend making this small investment into your own health, fitness and well-being. I'm convinced that nobody who tries these methods will be disappointed in what is delivered."

Johan Roelofse,

Johannesburg, South Africa

High level financial sector executive finds stress relief and improved health through Adam's coaching.

"With Adam's guidance I've dropped my body fat by 5% in only a couple months. That translates into 10 lbs of fat lost and 5 pounds of muscle gained! Adam's training sessions are always exciting and innovative. And when he shows up without any equipment, I know his bodyweight exercises are going to push me to my limits."

Marie-France Delisle, M. Sc.,

Vice President CIBC Wood Gundy, Quebec

Training elite ski teams opened Adam's eyes to the power of bodyweight exercise

Adam has trained elite alpine skiers since he was 18 years old. When working with skiers on dry land training, access to a gym is rare, and this forced Adam to find more innovative methods. That's when he realized the true power of bodyweight exercise for both himself and his clients.

Today Adam can be seen training skiers in the middle of a fully stocked gym without ever touching one piece of equipment. And when Adam's clients see him show up without equipment, they know they're in for a seriously challenging session! The power of bodyweight exercise inspired by the Circular Strength Training® system always delivers.



High Level Ski Instructor Has Best Season Ever

"Adam's bodyweight conditioning programs improved my enjoyment of skiing 100%. My fitness was spot on when I hit the snow. I'm amazed at the results from a program that uses no equipment!"

Michel Bedard, Level 3 Canadian Ski Instructors Alliance,

Quebec, Canada

Another Ski Instructor gets ready for ski season in record time

"I am happy to report to you that due to your training program, my body and particularly my legs were ready for some challenging skiing. As I reflect back, it is still hard to believe the progress that I have made with my strength and endurance in such a short period of time."

Jimmy Wells, Level 2 Canadian Ski Instructors Alliance,

In a world of Virtual Nomads, Ryan discovered the secret to effective training for the modern "road warrior"



Ryan is a modern-day nomad, testing himself in the world's forgotten corners as a widely-published travel writer / explorer. This pursuit has taken him to 45 countries and counting, including Mongolia, Nicaragua, and North Korea, by Russian jeep, motorcycle, dugout canoe, horse and camel. In places like that, alone and at the mercy of the elements, you have only your preparation to rely on. Such a fast-paced lifestyle demands mobility. And when you're traveling light, nothing but pure bodyweight programs will do.

Recognition as a writer brought Ryan to the attention of an elite list of international private students, including rock stars, authors, and film industry talent. He's become the coach of choice for those who spend significant time on tour or on location because he specializes in health and fitness for people on the hurry-up. And because he lives what he teaches.

What works for jet-setting rock stars also works for the modern business traveler, forced to burn off an endless string of restaurant meals using sub-standard equipment in claustrophobic hotel gyms. How would you like to banish those gyms forever, while reaching ever greater peaks of vibrant wellness - all within the space of your own hotel room?



Ryan adds decibels to even the loudest rock star's performance!

Jim Gillette, front man of heavy metal legend Nitro, flies Ryan in to his Caribbean hideaway to prep his high-octane stage performances. Here's his ode to Ryan's methods:






**"I am Meatwhistle - hear me growl.
I use CST and I'm on the prowl.
Flow-Fit® is the best you can get.
Or my name isn't Jim Gillette.
I recommend it to all - even the swine.
Only takes 15 minutes of your time.
Sonnon and Murdock - admittedly strange.
This aint your average Home on the Range.
CST is the best - I clean my teeth with Crest.
Glad I finally got all that off my chest.
Long live CST".**

Jim Gillette

What can YOU expect from Bodyweight Exercise Revolution?

This program has been the perfect solution for both Ryan and Adam's students, athletes and clients who were training at home or on the road, by necessity or by choice. Now, even when they work with clients in a gym, Ryan and Adam leave 99% of the equipment untouched. Instead, they focus on bodyweight training and the use of a few very simple tools.

- Discover the #1 most important factor for long-term fitness success:**
- Learn exactly how to structure your training for maximum fat loss:**
- Steal the programs that we charge private clients big money to design:**
- Save yourself from the biggest reason that most home workout programs fail:**
- Discover the secret techniques that allow our clients to actually look and feel younger with continued training:**

-  **Learn EXACTLY how much and how little to train:**
-  **Discover key that unlocks the perfect intensity level for all your training sessions:**
-  **Learn how to train less for better results:**
-  **Discover how you can become "one of those people who picks up sports quickly":**
-  **Stop getting scammed by the fitness industry:**

But what if you're unhealthy, plagued by nagging injuries, or otherwise "too unfit" to train? So were Adam and Ryan!

Although he sure looked like he was in great shape, Adam was plagued by nagging aches and pains accumulated over 25 years of conventional weight training. He could no longer raise his right arm over his head or sit on the floor with his legs stretched out and back straight, and he lived through a constant cycle of progress and injury in the gym. He didn't know any better, and so he accepted this as part of the price he must pay to "keep in shape" - an idea perpetuated by mainstream fitness media - but he knew subconsciously that something wasn't right.

After discovering Circular Strength Training, Adam spent several weeks debating whether to give it a try, until the frustration of progress-limiting aches and pains finally won out over the fear of trying something new. Within a month, his shoulder mobility showed noticeable improvement. After two months, his hip mobility allowed him to sit on the floor with his back straight. As time went on, he began to notice other changes. He was no longer plagued by injury. He was able to perform feats of skill and strength that he'd never been able to succeed at, even 10 to 15 years earlier while in his supposed "prime". But perhaps the strangest thing of all was that he was excited about every single training session.

Ryan also had a body wracked by injuries, in his case the result of two decades of martial art training. He had suffered torn knee ligaments, broken fingers and nose, shoulders, elbows and wrists damaged by excessive joint locks, and a lower back severely strained by deadlifting injuries. He was at the point of accepting this as the price he had to pay for the hard training he'd endured as a youth, when the Circular Strength Training® system shattered every preconception he'd ever held about movement. Ryan began with a daily personal practice of joint mobility exercise - 20 minutes a day, nothing more - and within weeks his aches and pains began to fade away. Now, 5 years later, Ryan's stronger than he's ever been in his life, and he moves better than he did when he was a teenager.

Experiencing this healing process has allowed Ryan and Adam to guide thousands of successful clients down the same path to wellness and longevity. And the techniques they used in their own

recovery are pre-incorporated into **Bodyweight Exercise Revolution**.

You, too, can recover pain-free mobility, freedom of movement, and the same feelings of joy towards exercise that you felt as a child at play. Let Ryan and Adam show you the way.



An officer of the 82nd Airborne Regiment stationed in Afghanistan raves about Ryan's bodyweight programs:

"This is awesome Ryan! I really like all of the inventive and challenging variations. How do you come up with this

stuff...?"

Jeffrey C. Larson,

US Army



Did we mention that it's fun?

The portability of this program is great. The impressive results are great. But it would all be worthless without the ability to capture your imagination and keep you looking forward to each training session.

Adam and Ryan are both known for crafting exciting training programs that ensure steady progress toward the goals they set with their clients.

And that's exactly why they don't limit themselves to the same tired old, run-of-the-mill bodyweight exercises you're used to seeing. They won't make you do a thousand push ups and sit ups, and

they won't bore you to tears. What they will do is teach you exciting new movements that will not only help you get in better shape but will actually prime your nervous system to assimilate new skills more rapidly!



Top Police Academy PT trainer and Federal Law Enforcement Officer learns something new from Ryan's innovative material:

"I've been doing push ups since I was 4 and I thought I'd seen every type in the world, but I learned something new the day I watched this."

Joseph Wilson, RMAX Faculty Coach, multiple time International Martial Art Hall of Fame inductee, professional law enforcement officer.

Don't you owe it to yourself?

What you really need is something that fits your lifestyle and captures your imagination. You need something that gives proven results, hassle-free, in the shortest possible time. You don't need to start another program that you won't follow through on.

Bodyweight Exercise Revolution is exactly what you're looking for. Our program is based on a solid foundation of results-driven techniques, and we provide the step-by-step daily formula that tells you how to implement the program for the results you want. There's no guesswork involved. And if you do have questions, we're real people with real answers at your disposal.

The Bodyweight Exercise Revolution eBook gives you 5 separate programs for the price of one. You get all this:

- The Bodyweight Exercise Revolution E-book
- Over 165 pages - jam-packed with explanations and instruction
- Color photos with detailed descriptions for each exercise variation
- 5 step-by-step 28-day programs

- 20 weeks of distinct programming (representing months or even years of variations on exercise level and intensity)
- A follow-along instructional video that covers the joint health and mobility portion of the program (downloadable mp4)
- A follow-along instructional video of the flexibility cool down portion of the program (downloadable mp4)
- The 28-day Fat Loss program
- The 28-day Muscle Gain program
- The 28-day Strength Building program
- The 28-day Longevity program
- The 28-day General Athleticism program

Plus the following bonus material:

- Follow-along videos of ALL the circuits and sessions.
- A Bonus chapter on how to integrate other CST training programs into 4x7 periodization.
- Ongoing support from both Ryan and Adam through the BodyweightCoach.com help desk. You can log in to ask questions about the Bodyweight Exercise Revolution program, and we'll make sure you get the answers you need.
- Access to **all** future updates of this title.





Early feedback on Bodyweight Exercise Revolution!

"Last night I went through the whole e-book and videos. Yes, I went to bed late. Today I begin the Fat Loss program at the Moderate Intensity Level. I wish I had a third thumb to give it three thumbs up. Great job, sirs.

Sincerely, Kevin Dougherty"

P.S.: Don't forget our RISK-FREE offer. We are so confident in the programs laid out in Bodyweight Exercise Revolution that we want to give you 56 days to try it out risk-free. Why 56 days? That gives you time to run through two full 28 day programs. If you're not satisfied with your results after two full cycles of our programming, simply return the product for a full, no-questions-asked refund.

P.P.S.: We've packed so much material into this eBook that we're afraid we under-priced it. So the current price may not stay that way for long. We intend to re-evaluate our offer in the New Year, and we may increase the price significantly. After all, there are 5 eBooks worth of material in this one title!

