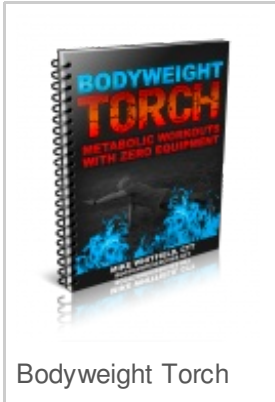


Free Bodyweight Workout Routine Perfect For Home Workouts Without Equipment

Logan Serpa January 03, 2013



Bodyweight Torch

Millions of people are finding that bodyweight workout routines are the perfect way to avoid the crazy New Years rush to the gym as the workouts can be performed at home without equipment for free with the new workout from Mike Whitfield "Bodyweight Torch".

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Fitness centers are packed this time of year and many people don't have time to make it to the gym with their busy schedules which is why metabolic resistance training and bodyweight workout routines have exploded in popularity among fitness enthusiasts and those that want to lose weight faster than ever. Mike Whitfield, a boot camp workouts expert in Atlanta,

Georgia recently developed and launched a brand new bodyweight workout routine named "Bodyweight Torch" that he is giving away for free to help people launch their fitness routines into the new year. Bodyweight Torch is a complete metabolic resistance training workout using bodyweight exercises that can be done from home without equipment and will burn more calories than any workout with weights.

Mike Whitfield is no stranger to crowded gyms and standing in line waiting for machines and equipment to workout but explains that using these machines doesn't help very much when it comes to weight loss. Mike developed the 4 week [bodyweight workout routine](#) that can be done from home to avoid the crowded gyms. An effective bodyweight workout can be done anytime without equipment in your own home whenever it bests fits into the schedule. Mike put a lot of variety into this routine with exercises even for the advanced trainee. The core exercises are designed to tighten up the midsection without using situps or crunches. For people the travel this is the perfect workout routine to take on the road since bodyweight workouts can be done in any hotel room.

Bodyweight Torch is a 4 week workout program that can be downloaded for free here at <http://BodyWeightTorch.com>