

Guys could you recommend the books/courses(which are free) about fitness and nutrition.I am starting my fitness journey through home workout.

November 20, 2020 | 8 upvotes | by [Bins001](#)

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Comments

Bonjourbonjourreturn • 5 points • 20 November, 2020 05:01 PM

Hello,

You can have a look at the Recommended Routine in
r/bodyweightfitness in the sidebar ("about" on the app)

Or if you don't want to spend hours to start and focus on the more important exercises, do the big five:

- Squat progression (from the normal to weighted pistols or Deep step up)
- Progression of pull up (from normal to one arm pull up)
- Progression of front lever rowing (archer row helps a lot too)
- Progression of handstand push up (pike push up etc)
- Progression of planche push up (from pseudo planche push ups to planche push up)

You can look in the sub suggested, they have good advice.

If you really want a book:

on nutrition

On training

izzyinjurious • 2 points • 20 November, 2020 05:48 PM*

I 100% recommend built with science by Jeremy Ethier. It's \$50 program. Helped me understand macros and nutrients and how to calculate my calories to get abs. I have never looked leaner in my life. He has a home workout program that works really well.

Good luck dude

Also there's also r/FitnessGuidesSharing To get free food content.