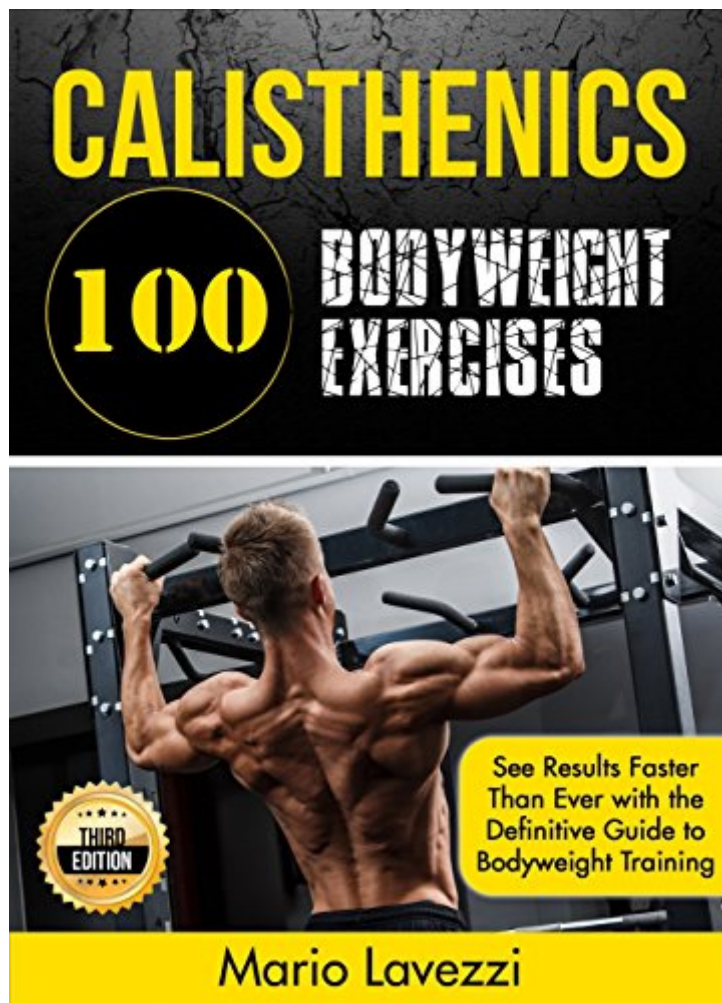


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Calisthenics: 80 Bodyweight Exercises See Results Faster Than Ever With The Definitive Guide To Bodyweight Training- 3rd Edition



Synopsis

3rd Edition Your Powerful Guide to Calisthenics! Free bonus inside! (Right After Conclusion) - Get limited time offer, Get your BONUS right NOW! Achieve the best results ever with these 80 Bodyweight Exercises With Calisthenics: 80 Bodyweight Exercises â€” See Results Faster Than Ever with the Definitive Guide to Bodyweight Training, you'll learn how you can build your body into a stunning and powerful physique with beautiful contours and toned muscles. This is a book that will show you how to work on your entire body, building up muscles from your head to your toes. In it, you will learn: -â€¢ How to perfect a variety of push upsâ€¢ The best way to work on your leg musclesâ€¢ How you can build your coreâ€¢ The power pf pull upsâ€¢ How rapid energy explosions bring resultsâ€™ From your upper body, to the muscles in your back and going all the way down to your toes, there are exercises in this book that will tone and work on everything, even the smallest of all your muscles. Master how to do a burpee and a variety of squats to build up your flexibility and endurance. Read this book for FREE on Kindle Unlimited - Download NOW! Take control of your body starting today without going to the gym or having to purchase expensive equipment. Your, bodyweight is all you need for lasting results. Just scroll to the top of the page and select the Buy Button. Download Your Copy TODAY!

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Customer Reviews

I am interested in calisthenics and the title of this book impressed me. This book will provide you a better understanding on how to use Calisthenics to develop your body into the physique you desire. These exercises are so practical in the sense that weights are not even necessary in performing such work-outs. This book also contains some illustrations that help the reader in figuring out the proper forms and methods of such exercises. I have readily developed a work-out regimen for myself as suggested from this book. Thanks to the author for his great book!

This book helped me understand what calisthenics are, the benefits of each exercises and the reasons why we should consider adopting this routine. This book has a detailed explanation on each exercises so that you can understand it better and familiarize each one of them. This book is very informative, the context were clear and simple and the exercises that are included in this book can easily be followed.

Impressive! The author has done a good job in pushing the beginners from zero to the strength building which they require to perform calisthenics. There is a lot of useful information for women like me who want to get in shape. The explanation and guidelines are very easy to follow. Really worth recommending!

This is a very clear, thoughtful well illustrated book. The progressions from exercises to more difficult versions is easily understood and manageable. Very comprehensive as well. Covers various core, back, chest, legs and many isometric holds that build strength, coordination, power, flexibility and agility. That's strength you can use rather than worthless bodybuilding exercises that really don't transfer into your life or sports. Truly provides the means to be a stronger athlete and human being. Looking forward to applying other parts of the resources that the author provides in this book.

Great book! I'm new to calisthenics and I found this to be not only a good introduction, but also something that might be useful to those who have been doing it for a while and are just looking for some different exercises to try (this book has 80 of them, after all). Each page describes a different exercise and also has photos to show how it's done. The photos are clear and the descriptions are easy to understand. Not sure what more you could ask for in a book of this type... I have absolutely no complaints.

I think this Calisthenics book has been very detailed in this discussions of the things one needs to

know about it before actually starting on it. It has the needed precautions too. And another thing is that there are separate chapters that discussed lengthily each of the major muscle groups like the legs, the core, the chest, the back, the shoulders, the arms. And the promise to become a Modern Spartan, Greek God is also tempting. Lots more of info and details in the book that I agree with. Highly recommended if you want lose weight, gain muscle, gain knowledge about fitness etc.

This book is pretty! The illustrations capture exactly what the author intends, not to confuse the reader. Good info!! It explains all of the exercises in plain English. All of the exercises use your own body and natural resistance to burningâ€¢ fat or tone and build muscle. Theyâ€™re split up into basic and advanced exercises, and the author provides several different routines aimed at people with different fitness levels. Every exercise has a photo or graphic that shows how to do it properly. I'd recommend this book to anyone getting into calisthenics.

This book is absolutely amazing! It provides the most informative guide to exercising and incorporating Calisthenics as your daily exercise routine. The book provides readers with great tips on how to adequately prepare for a workout and it also provides the best exercises to strengthen particular parts of your body. I loved reading this book and it taught me a lot about my workout strategy and routine. I recommend everyone to read this book and to try the various routines outlined.

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Guide: The Definitive Guide (Definitive Guides) CROSS TRAINING: No BS Complete WOD Guide
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