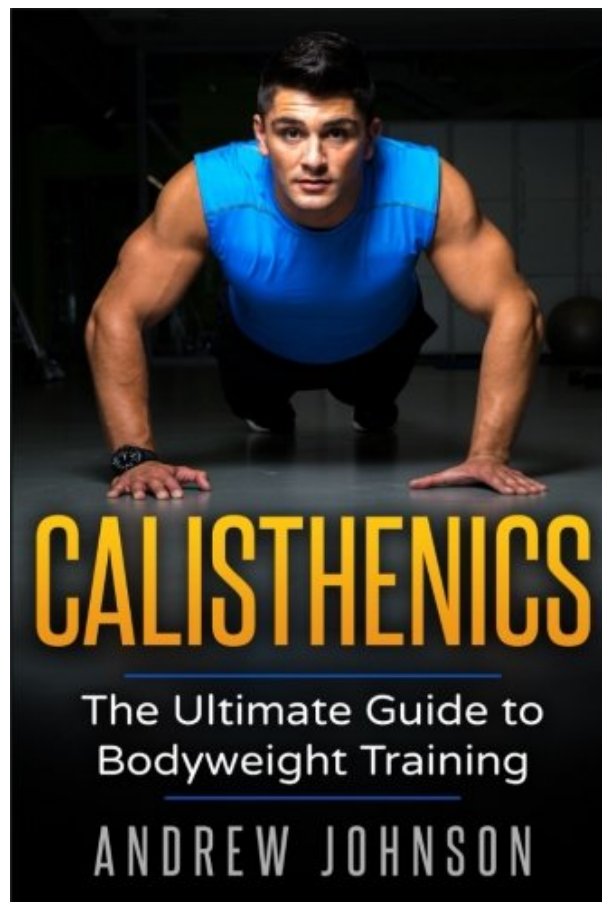
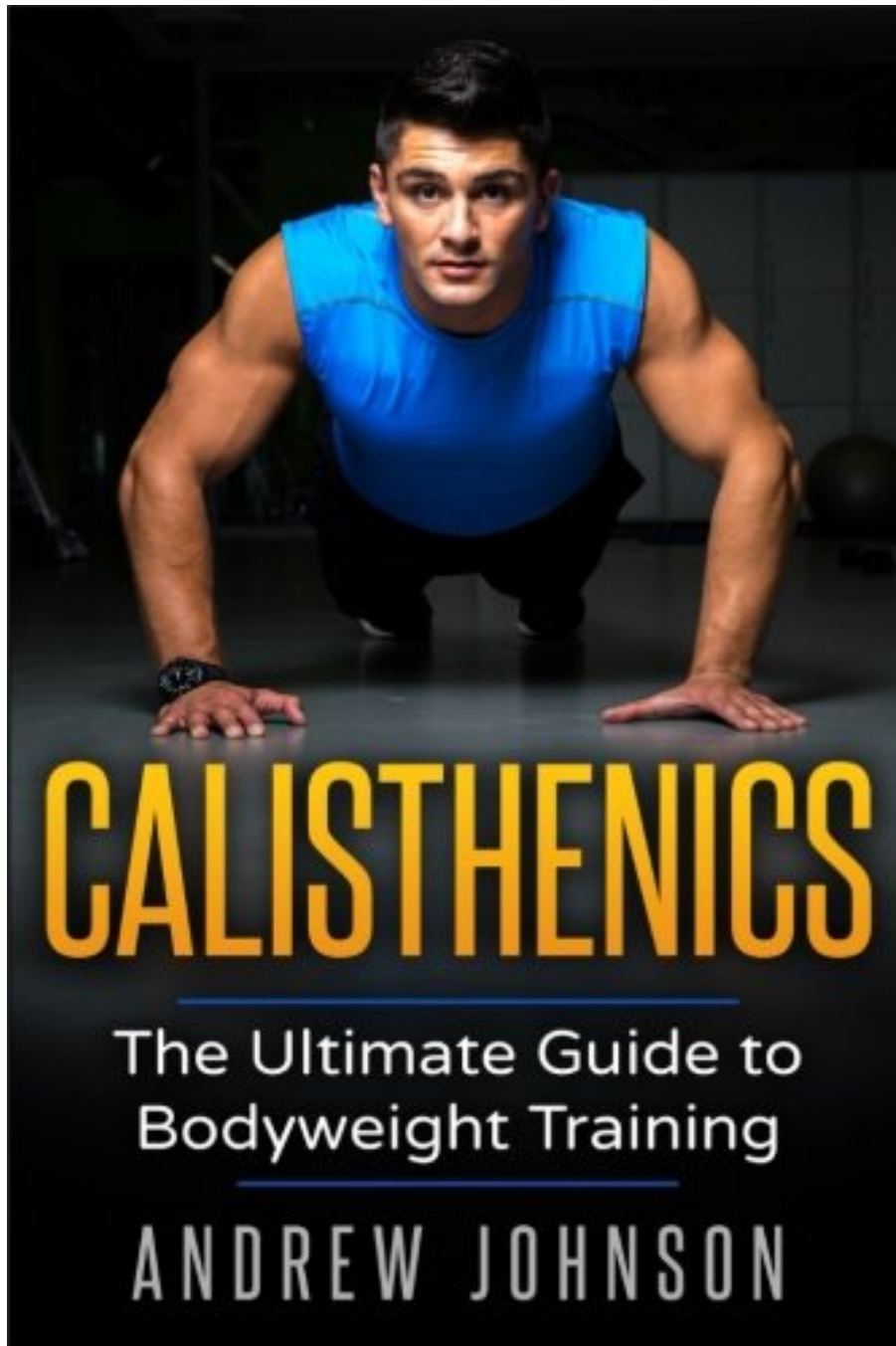


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The Ultimate Bodyweight Training Guide Calisthenics—The Ultimate Guide to Bodyweight Training shows you how to increase your physical ability, athleticism, and build a lot of strength and power without spending hours at the gym. It relies on no equipment, making it affordable and easy for anyone to do, even from the comfort of their own home. With your bodyweight and some proven exercises, you will learn how to improve your strength, even as a beginner. Some of the things that you will find in Calisthenics—The Ultimate Guide to Bodyweight Training include: The basics of calisthenics and the benefits to your health A list of the best foods to increase your endurance The best workouts for beginners, intermediate, and advanced users. A weekly program in calisthenics to help you get started. Power and strength are not built just at the gym. Calisthenics—The Ultimate Bodyweight Training will show you how you can build your strength, power, and athleticism using no weights and even from home! Get Started Today!

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By Keith

I have to let every one this is a great book i have evr read on kinlde store. I'm really really happ having this book because i have done most of excersises in this book before 15 years. and them i had to stop that because of some my job. now i have faced a big problem about getting fat. so when i'm reading this book, it inspired me to start it again. i really hope to keep this book as my guide. This book is really good for beginners and t the people whoo has some experience about doing this kind of excersises and willing to loss body weight and make body strong. I know that this is the best way to reduce weight and make our body healthy. It is a short book but providing great impressive information. I Highly recommended.

1 of 1 people found the following review helpful.

Good book. It motivated me

By John Snowy

Good book. It motivated me! I like the minimalist philosophy of calisthenics and the minimal monetary cost to get started. As a husband and father I do not have a lot of extra time or money but working out and exercise is essential for my well being. So, I have to fit in a workout daily to keep my health and energy up! I highly recommend this book.

0 of 0 people found the following review helpful.

Caesthenics for Life

By O. Barnack

This is a relatively short, well-written, and information packed book about using calisthenics (a “form of exercising that uses the weight of one’s own body to build muscle”) “to build lean muscle mass and increase strength, agility, mobility, flexibility, and endurance.” The book provides a brief history of calisthenics, offers guidelines for clean eating (no processed foods or sugar, limit caffeine, etc.) and superfoods (black beans, avocados, salmon, etc.), recommended supplements (creatine, beta-alanine, glutamine, etc.), describes stretching exercise how-tos with photo illustrations, and offers numerous exercising tips and examples. The book includes a glossary of technical terms at the end. This is good stuff, clearly explained, with plenty of illustrations, and no wasted words. The book is as fit as its author.

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