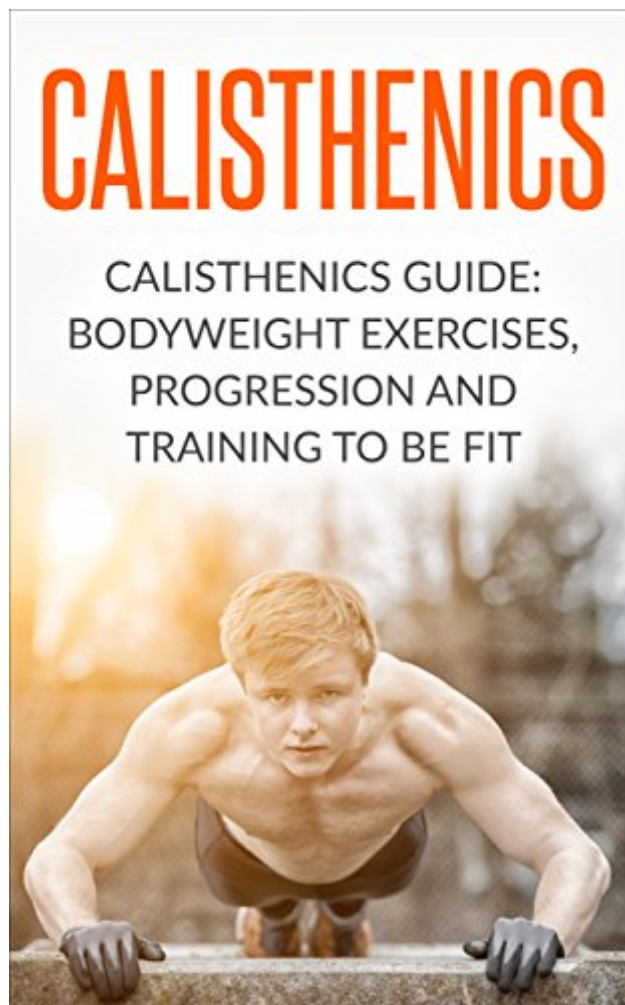


The book was found

Calisthenics: Calisthenics Guide: BodyWeight Exercises, Workout Progression And Training To Be Fit (Calisthenics, Calisthenics Bodyweight Workout, Calisthenics ... Workout, Bodyweight Exercises Book 1)





Synopsis

Do You Want To Learn The Best Bodyweight Exercises To Get the Ripped Body You've Always Wanted?! Today only, get this bestseller for just \$0.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. This book contains proven steps and strategies on how to train and develop strength, mobility and flexibility through calisthenics, without having to use any equipment. Calisthenics has been in existence since Ancient Greece, and has been effectively used to develop near superhuman strength, agility, and flexibility through the decades. In this book, you will find some basic and intermediate information regarding the principles behind calisthenics, as well as the advantages offered by this type of exercise. You will also be provided with step-by-step guides for exercises that would develop upper body, core, and lower body strength and mobility. This book will walk you through simple routines to more advanced exercises, all with instructions that are easy to understand. You need this book. Here Is A Preview Of What You'll Learn... Calisthenics Explained Warming Up and Increasing Mobility Push-ups Core Exercises Lower Body Exercises Much, much more! Download your copy today! Take action today and download this book for a limited time discount of only \$0.99!

Book Information

File Size: 1804 KB

Print Length: 34 pages

Simultaneous Device Usage: Unlimited

Publication Date: April 1, 2016

Sold by: Â Digital Services LLC

Language: English

ASIN: B01DRCIZHW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #922,344 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #38

in Â Kindle Store > Kindle eBooks > Nonfiction > Sports > Rodeos #91 in Â Books > Sports &

Outdoors > Rodeos #94 in Â Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports

Customer Reviews

The content of this book is educative, but it's definitely meant for those who are completely new to any of the exercising programs. But, nonetheless, it will also be useful for those people who are looking to organize their training in the best possible manner and maybe bring another routine or 2 to their regular program. Everything that's written in this book is accurate and well explained, which is why I think this book won't let you down if you decide to buy it. Good luck people, and try not to overextend and push way too hard when you're exercising.

I came across calisthenics way back when I had physical education class, roughly a decade ago. So I totally forgot about how it is the most basic technique that you could use during workout without hitting the gym or using any other equipment. This book tackled the logic and science behind it and how you could use it to your advantage. It is energizing to actually do calisthenics and experience that it could develop not just your physical strength and figure but also your psychomotor skills such as balance, agility and movements.

I found this book to be aimed at people who really never heard of the term "calisthenics" before. I only had the cover to come by and it looked pretty interested and the content delivered for the most part. It talks about the pros and cons of calisthenics and it includes several basic exercises. My only minor complaint is only few of the exercises had pictures and the formatting of one of them looked off (like in the background of the text). If there are calisthenics books with more pictures, I may settle for that one instead. For now I like what I learned from this book.

I wasn't very eager about calisthenics at first and I only got this book because my sister kept badgering me that the calisthenics really did her a great deal of good. The best thing I liked about this at first glance was that, calisthenics is about developing strength, flexibility and mobility, all these benefits without the use of equipment. The becoming feature of this book is that it did not just highlight calisthenics in its best but it also gave away some of the disadvantages, such as difficulty to build up great lower body strength, exercises are limited, difficult to manipulate leverage and increase resistance in the lower body, muscle mass build up is limited. I am not going into this routine blind, but I now know what I can get and what I cannot. So I won't have any unpleasant surprises.

This is a great little guide for beginners to get started working out with calisthenics. It goes through the history, pros and cons, and then lists several exercises to strengthen and tone, and improve core strength. Highly recommend for a quick workout!

Summer is fast approaching, we have to prepare that beach bod for the upcoming trips to the beaches which is really hard especially for me as a beginner. I have been wanting to go to the gym to build muscles but I am really shy because it will be my first time and I am hesitant to ask for assistance. My friend told me I could do it by myself as he did, all I need to have is a good book that could guide me. And this book didn't disappoint me. It's instructions are comprehensive and it looks promising. I can't wait to start!

This is a perfect guide on how to train and develop strength, mobility and flexibility through calisthenics, without having to use any equipment. Calisthenics has been effectively used to develop near superhuman strength, agility, and flexibility through the decades. Author has described simple routines to more advanced exercises, all with instructions that are easy to understand. If you perform these exercise with regularity, it is going to change your life as a whole!

I didn't know much about calisthenics before i bought this book, so it was a good beginner guide for me. The book explains the basics and contains many tips and proven steps and strategies on how to train yourself through calisthenics using only your body weight. All exercises are described in great details that makes them very easy to try at home. I recommend this book to anybody who is interested in calisthenics and want to start practicing it.

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