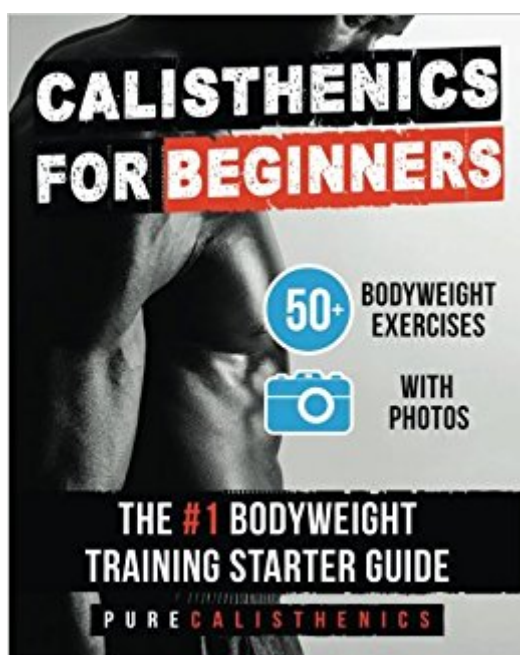


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Calisthenics For Beginners: 50 Bodyweight Exercises | The #1 Bodyweight Training Starter Guide (The SUPERHUMAN Series)



Synopsis

Calisthenics for Beginners: The #1 Bodyweight Training Starter Guide – On Sale + FREE Bodyweight Workout Program, Limited Time! – Bored of the same old workout plan? Hit a brick wall in your progress? Want to SHOCK your body with something NEW? Keep reading! Welcome to the world's most effective training program. This is a beginners guide to bodyweight exercises GUARANTEED to get RESULTS. Let's take a closer look. The #1 Starter Guide When we say we're #1 we really mean it! This is the most complete calisthenics starter guide available today. Here's a sneak peak of what's inside: How calisthenics works What calisthenics can do for YOU 50+ bodyweight exercises you can learn + photo demonstrations Expert advice on sets, reps and form Nutritional advice to maximize your results Guide to warming up and preparing for calisthenics Core lessons in flexibility Cardio and conditioning drills to blast body fat and get shredded How to transition from beginner > intermediate level smooth and fast Every Exercise Explained with Photos Calisthenics experts break down every exercise into simple to follow steps with pictures. It's as easy as 1, 2, 3! Also included are precise recommendations for numbers of sets, reps and hold times for every exercise. It's like having a personal trainer in your pocket! Packed with EPIC Extras When you purchase this book you will receive our calisthenics bumper pack to help you on your journey. Here's what's inside: BONUS #1 Get your very own beginners bodyweight training program FREE with this book! Features a full week of exercises to help you master the fundamentals of calisthenics. BONUS #2 Get our exclusive 'Six Pack Secrets' guide FREE with this book to help you build a rock solid core in double quick time! BONUS #3 Free expert calisthenics advice and support! Inside this book is your invitation to join our community and mix it with the pros. Start the Road to SUPERHUMAN Today! There is simply no better way to build a superhuman body than with calisthenics. So, what are you waiting for? Let's get started! Buy now and get it FAST! Tags: calisthenics, calisthenics for beginners, bodyweight exercises, calisthenics routines, calisthenics workout, calisthenics book, calisthenics exercises

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Customer Reviews

This is the place to start. Can't wait to begin my new workout program. Everything you need is spelled out.

Nice e-book. Great basic exercises!

Very clear. Very easy to understand. I don't know yet if easy to perform but at least..... I understand the movements..... it would be great to have videos somewhereGood work

This is a great book! Very easy to use and learn from.Great details and information to help you get the most out of your dreams of getting in shape. I really appreciate this book.

Simple Instruction Workout Book.

very good

This is one of the best calisthenics books I have so far found online. The reason? The order of the body weight exercises is intuitive i.e. you can actually progress through the book over time rather than it just being stuffed full of random moves.

It's aight. But, Convict Conditioning is better.

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