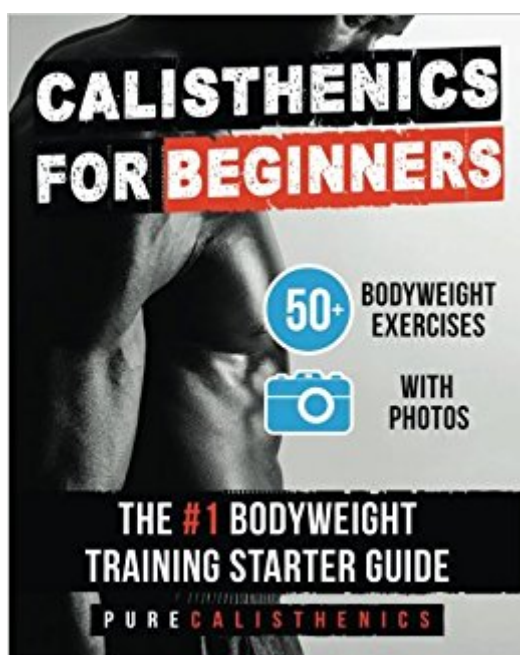


The book was found

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

Book Information

Series: The SUPERHUMAN Series

Paperback: 186 pages

Publisher: CreateSpace Independent Publishing Platform (November 8, 2016)

Language: English

ISBN-10: 1539045803

ISBN-13: 978-1539045809

Product Dimensions: 8 x 0.4 x 10 inches

Shipping Weight: 13.4 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 13 customer reviews

Best Sellers Rank: #505,777 in Books (See Top 100 in Books) #74 in Books > Sports & Outdoors > Mountaineering > Rock Climbing #80 in Books > Sports & Outdoors > Individual Sports > Mixed Martial Arts #85 in Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons

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.

[Download to continue reading...](#)

Calisthenics: Calisthenics Guide: BodyWeight Exercises, Workout Progression and Training to Be Fit (Calisthenics, Calisthenics Bodyweight Workout, Calisthenics ... Workout, Bodyweight Exercises Book 1) Bodyweight: Bodyweight Bible: 44 Best Exercises To Add Strength And Muscle (Bodyweight Training, Bodyweight Exercises, Bodyweight Bodybuilding, Calisthenics, ... For

Beginners) (Bodybuilding Series) Calisthenics for Beginners: 50 Bodyweight Exercises | The #1 Bodyweight Training Starter Guide (The SUPERHUMAN Series) Calisthenics: The SUPERHUMAN Stack: 150 Bodyweight Exercises | The #1 Complete Bodyweight Training Guide (The SUPERHUMAN Series) Calisthenics: Bodyweight Training Guide; Get Strong, Fit, and Flexible in Only 15 Minutes per Day with Bodyweight Training, Bodyweight Exercises, and Calisthenics Calisthenics: 18-Minute Calisthenics Workout Plan for Beginners: The Most Superior Collection of Exercise and Fitness Books (Bodyweight Exercises, Calisthenics ... Workout Plan, Calisthenics Workout,) Calisthenics: The 20-Minute Dream Body with Bodyweight Exercises and Calisthenics (Bodyweight Training, Street Workout, Calisthenics) Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines Book 1) Calisthenics: Workout Routines - Full Body Transformation Guide (calisthenics workouts, calisthenics for beginners, calisthenics books, calisthenics program) Bodyweight Training: Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workouts (Bodyweight Training, Bodyweight Exercises, Strength Training, ... Bodybuilding, Home Workout, Gymnastics) Calisthenics: Core CRUSH: 38 Bodyweight Exercises | The #1 Six Pack Abs Bodyweight Training Guide (The SUPERHUMAN Series) Calisthenics: Lower Body BLITZ: 35 Bodyweight Exercises | The #1 Legs & Glutes Bodyweight Training Guide (The SUPERHUMAN Series) Calisthenics: 30 Minutes to Ripped - Get Your Dream Body Fast With Body Weight Exercises and Calisthenics (Calisthenics, Body Weight Training, Bodyweight Strength) Calisthenics: The SUPERHUMAN Stack: 150 Bodyweight Exercises | The #1 Complete Bodyweight Training Guide Calisthenics: The True Bodyweight Training Guide Your Body Deserves - For Explosive Muscle Gains and Incredible Strength (Calisthenics) Calisthenics: STRETCH Your Way to STRONG: The #1 Flexibility for Bodyweight Exercise Guide (The SUPERHUMAN Series) Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Superhero Six-Pack: the Complete Bodyweight Training Program to Ripped Abs and a Powerful Core: (Calisthenics Exercises for Getting Shredded and Developing Extreme Core Strength)

Contact Us

DMCA

Privacy

FAQ & Help