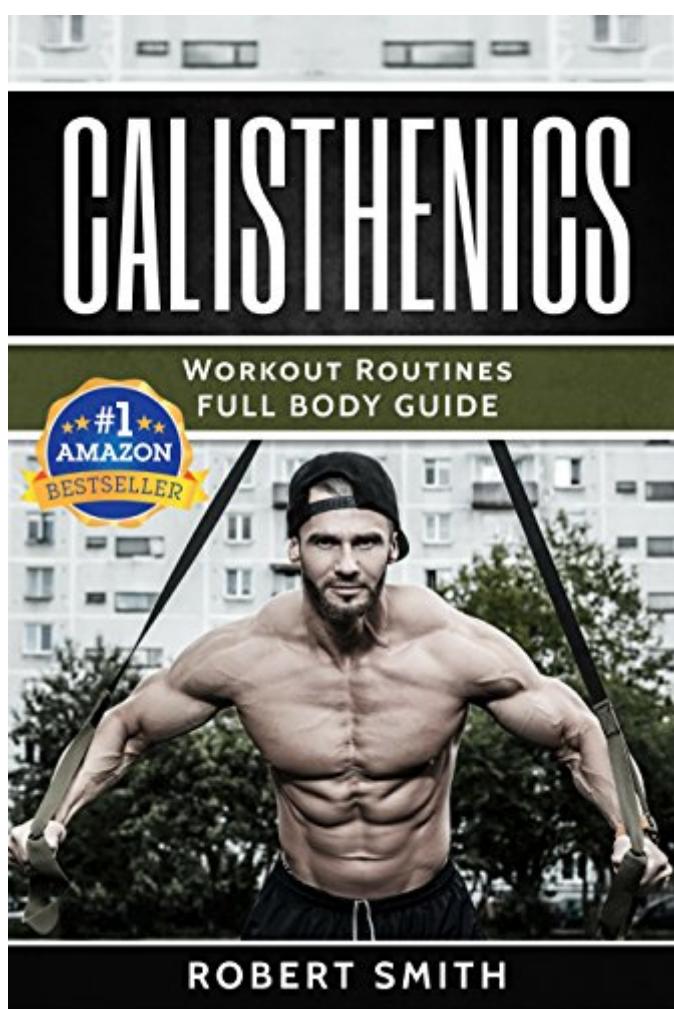


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# Calisthenics: Workout Routines - Full Body Transformation Guide (calisthenics Workouts, Calisthenics For Beginners,calisthenics Books, Calisthenics Program)





## Synopsis

\*\*\* Use These Powerful Calisthenics Secrets To Immediately Improve your body! \*\*\*Today only, get this bestseller for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. You're about to discover how to...Having a well-formed body with the right amount of body fat takes a lot of hard work and commitment; this is something none can dispute. What we can dispute, however, is the fact that to get that nice toned body you need to spend thousands of hours in the gym — hitting weights as if your life depended on it. We live in a world where to make ends meet, the conventional person has to work a 9-5 job — sometimes even multiple jobs — not to mention the many hours we spend in transit or stuck in traffic jams — the average person loses 42 hours a year to traffic jams. As such, making time for the gym may not be feasible. Does this mean that just because you cannot make your way to the gym, you should let the fat accumulate and the muscles waste away? Definitely NO! While strength training is an ideal way to sculpt your body and you should schedule some consistent gym time into your schedule, if you cannot make it to the gym, there are exercises you can practice to enjoy the benefits of strength training without having to go to the gym. Calisthenics is one such type of exercise. But what are calisthenics and how can you get started on the practice? That is the purpose of this guide: to show you how to use calisthenics to sculpt a beach-worthy body that you are proud of. Here Is A Preview Of What You'll Learn...Calisthenics 101 For Beginners Calisthenics Training: The Getting Started Guide Effective Calisthenics Exercises for Complete Beginners A 6-Month, Full Body Transformation Exercise Routine Much, much more! Download your copy today! Take action today and download this book for a limited time discount of only \$2.99! Tags: calisthenics workouts, calisthenics for beginners, calisthenics books, calisthenics program, calisthenics for man, calisthenics b

## Book Information

File Size: 3533 KB

Print Length: 45 pages

Publication Date: August 2, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B074JG594V

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #73,012 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #12

inÃ  Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Gymnastics #16

inÃ  Kindle Store > Kindle Short Reads > 90 minutes (44-64 pages) > Sports & Outdoors #22

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## **Customer Reviews**

Very well written and explained. A good book for beginners of calisthenics. The book details all the movements and gives a good program plan. Overall a very informative and comprehensive book that is helping me with my exercise routines.

I found this guidebook so amazing and helpful. Throughout this read, I have learned various calisthenics beginner steps and techniques. Here I have found proven guides about how to make our muscles strong. Though I had read this type of books before but I found this one, I mean this book far better than all other books that what I read before. Anyways, by reading this book, I have learned various basic calisthenic movements like legs, back, chest, shoulders and much more.g great read

After reading this book I learned some great exercises and some great ways to keep up a proper routine for exercising. In fact some of the tips given in this book are rather simple to follow. Overall the book is easy to follow and is worth the purchase.

The body works together with body, mind, and soul. You're not just a body, you're a person with all kinds of attributes. Exercise: stay healthy. practical instruction that can help me in getting started as well as transforming my body. It also contains the list of exercises that I can try out which would be of help to me and with pictures and illustration on how to go about it. Great introductory book for calisthenics beginners

Impressive! This is an excellent introduction to basic and intermediate level calisthenics. The book begins with an explanation of what calisthenics is or does and some fundamental advice on diet,

preparation and warm-up which I would advise everyone to read. Indeed, this book is great for beginners or inexperienced people looking to get into exercise and bodyweight training for the first time.

I have read an outstanding book in which information is about calisthenics, full body transformation guide. The author has presented this book writing in an organized and acknowledging manner which is truly inspiring. And we know that reducing fats is not an easy task but this book instructions will make your task easy and instant.

Subsequent to perusing this book I adapted some extraordinary excercises and some incredible approaches to keep up a legitimate routine for excersising. Truth be told a portion of the tips given in this book are somewhat easy to take after. By and large the book is anything but difficult to take after and is justified regardless of the buy.

i have read lot about calisthenics,from different book.i could find more comprehensive ,well structure and stright forward information provided other than this book.this complete book.

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Speed, Strength, and Endurance (Workouts in a Binder) Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) Hockey Workout: Complete Off-Season Hockey Workout: Hockey agility & speed drills, hockey plyometric workouts, hockey core exercises, hockey weight training and anaerobic training for hockey players. The Eat-Clean Diet Workout: Quick Routines for Your Best Body Ever (with DVD) The Isometric Exercise Bible: A Workout Routine For Everyone (abs, building muscle, anti aging, exercise workout, home workout Book 1) The Full Box: Gift Set: Full House, Full Tilt, Full Speed, and Full Blast (Full Series) Mental Toughness Workouts: 30 Workouts To Forge Your Mind & Body To Greater Heights Bodybuilding: Arm Bible: 39 Best Workouts For Bigger And Stronger Arms (Bodybuilding For Beginners, Weight Training, Weight Lifting, Bodybuilding Workouts) (Bodybuilding Series Book 2) Workouts With Weights: Simple Routines You Can Do at Home The Skinny NUTRiBULLET Lean Body Abs Workout Plan: Calorie counted smoothies with 15 minute workouts for great abs Calisthenics: The True Bodyweight Training Guide Your Body Deserves - For Explosive Muscle Gains and Incredible Strength (Calisthenics) 5-Minute Weight Loss: 30 FAT-BLASTING Workout Routines That Take JUST 5 Minutes A Day! (See Results in Days, NOT Weeks)

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