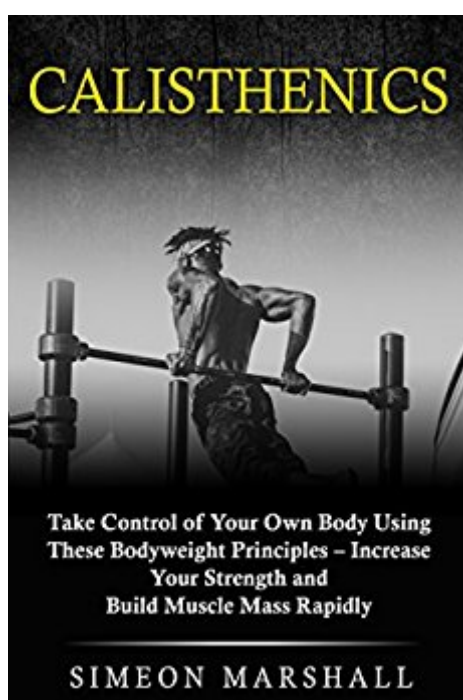


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# Calisthenics: Take Control Of Your Own Body Using These Bodyweight Principles - Increase Your Strength And Build Muscle Mass Rapidly



## Synopsis

Calisthenics : Take Control of Your Own Body Using These Bodyweight Principles - Increase Your Strength and Build Muscle Mass Rapidly You Have Tried EVERYTHING You go to the gym regularly. You work out a lot. You do every single exercise. You have a healthy and balanced diet. But still, your muscles aren't getting bigger. So you might think, "What am I doing wrong?" You don't do anything wrong! Growing your muscles is not an easy task " unless you take steroids, which could damage your health. The good news is, growing your muscles is actually possible and this book will show you the way! Bodyweight Exercises Will Give You Your Dream Body! You need to add bodyweight exercises to your fitness routine and that's when you'll be on the right path towards a body with larger muscles. So keep doing what you're doing! This book will guide you to only make some easy modifications that will help your muscles grow and become as big as you want them to be. This book will teach you some bodyweight principles and it will reveal some secrets and training tips that will help you take control of your own body. Here is a sneak preview of what you will learn: The Reason Why Bodyweight Exercises Are Important Basics of Bodyweight Principles That YOU Have to Implement Them in Your Workout Scapula Protraction and Retraction The Art of Conditioning and Stretching to Prevent Injuries and many more.... What Are You Waiting For? Get This Eye-Opening Book And Start Working On Your Muscles TODAY!

## Book Information

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## Customer Reviews

This is certainly a decent guide, just essentially take after its proposals and bear in mind to check with your doctor too. This guide of Calisthenics is a phenomenal clarification of why you would need to take part in this sort of activities, why they work, and afterward demonstrate to you the particular activities. It was exceptionally persuading from the measure of data that is accessible in it, and has persuaded me that I have to accomplish more body weight preparing. Nitty gritty graphs, well ordered outlines are recently the starting; John Cooper goes well beyond the call with customized supper designs and compelling exercise schedules from fledgling to master. I feel and look so considerably more beneficial. This is a book that I suggest very!

The book is anything but difficult to peruse. The activities are not so natural, but rather Rome was not worked in a day. I've lifted weights for more than 20 years and thought I was truly solid for my size. Be that as it may, nothing contrasts to performing developments and just your own particular body weight. I'm anticipating experiencing the movements helpfully laid out in this book and in the long run acing some of these developments.

I must say this is the book every weight lifter should read, the exercise is only helping you to do what others do but to know why you are doing this and how you have to do this weight lifting this book is a major read. I loved it now i understand how i should do it. The author really did something great for the bodybuilders here. Recommended.

This book totally covers the methods in attaining your desired ripped body. It is very detailed in giving you instructions and with exercises that even an average couch potato could follow. This is definitely a good guide, just simply follow its suggestions and don't forget to check with your physician as well.

I have read a lot about calisthenics, from different authors, but no where I could find a more comprehensive, well structured and straight forward information provided other than this book. This book is hands down the BEST book I've read to help me get started with training calisthenics.

This is the best body weight training guide I am yet to come across. I like the simplicity. Just exercises, instructions and pictures. Calisthenics is really simple like that. Why complicate it? Just pick up a good book like this one and get going.

This is really good book! If you are at all interested in calisthenics, buy this book! It will take you from beginner to expert level, so it's perfect for you no matter where your skill level is at right now.

Great book on Calisthenics. I know about Calisthenics and it was a worth reading on it. Author did his job greatly and it is easy to understand. Would like to recommend this book to all.

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