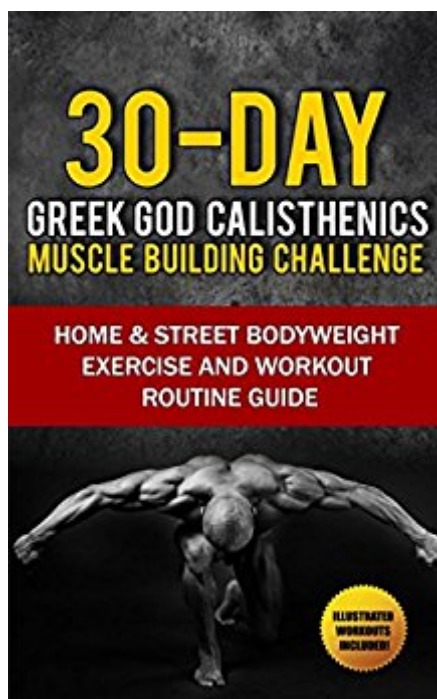


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Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise And Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines Book 1)



Synopsis

30-Day Greek God Beginners Bodyweight Muscle Building Challenge
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What can the Calisthenics 30-Day Lean Muscle Challenge do for you? You[™]re about to discover the proven calisthenics exercises to build incredible lean muscle on your body and you can do so at home or outside in the street. In this book, you will learn everything you need to safely get started in the right direction. You'll discover the crucial mistakes you must avoid when performing these exercises!
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Moreover, you'll learn the advantages of Calisthenics exercises compared to other workouts. Will also share with you some of the best workouts and exercises to get you the most impactful results. Lastly, you will also get a 30-day exercise training routine plan, so you can get started right away!
Here's just a preview of what you'll soon learn...
Finally discover what Calisthenics is all about and how you can quickly build lean muscle!
You'll discover the advantage of Calisthenics and learn why these workouts are so effective!
Discover the best HOME & STREET exercises to get the most impactful results!
The MOST COMMON exercise mistakes and helpful tips to avoid them all revealed to you!
You'll get a 30-day exercise ROUTINE, so that you can get started right away!
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Customer Reviews

This is a very clear, thoughtful well illustrated book. The progressions from exercises to more difficult versions is easily understood and manageable. Very comprehensive as well. Covers various core, back, chest, legs and many isometric holds that build strength, coordination, power, flexibility and agility. That's strength you can use rather than worthless bodybuilding exercises that really don't transfer into your life or sports. Truly provides the means to be a stronger athlete and human being.

Very interesting 30-days workout complex. My boyfriend read this book in 1 day (it's not very big book), but found in it good exercises and already started his program. Can't say about results of his body changes now, but that's the first book that made him to start working on it. Written good and easy.

This is a helpful and detailed guide to using calisthenics to improve one's overall health. There is a comprehensive workout regiment. This is an easy guide for beginners or athletes.

This is a really good guide for beginners. There are some solid exercises in this book and each exercise is explained well. I like that the author included pictures because there have been so many times when I was confused about an exercise move due to there being no pictures, so that's

something I really appreciated. I've been a fan of calisthenics for a while, so I know the moves in this book work... my only problem is consistency. But I'm sure most can relate to that. ;-)

Finally. A book written by an author that obviously knows calisthenics himself! The whole chapter on mistakes to avoid is worth the money. Knowing how to avoid injuries can save someone a lot of grief, and lets them focus on making gains instead! How to do full body workouts at home are explained in great detail. It's also filled with illustrations and images that make it really easy for the reader to know what's going on and how to do the exercises.

I have been reading book about health and exercises. This book has given me another interest in doing exercise. I am used on the traditional way of doing an exercise. Calisthenics is quite different it increases the body resistance and strength through movement. This book will give you a full instructions and information about calisthenics.

This is a detailed and comprehensive book to illustrate how to build lean muscle in just 30 days. There are quite a few of exercises from easier to harder, what I need is just time to spend. In addition, what I feel surprised about this book is that it also includes the workout diet to get calisthenics body you want. By having both right diet and exercises I am confident that I am now on the way to embrace my muscle.

These are simple and easy exercises, you can make your body build very beautiful. The book is awesome well written and easy to understand. I got this book on the recommendation of my friend thanks.

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