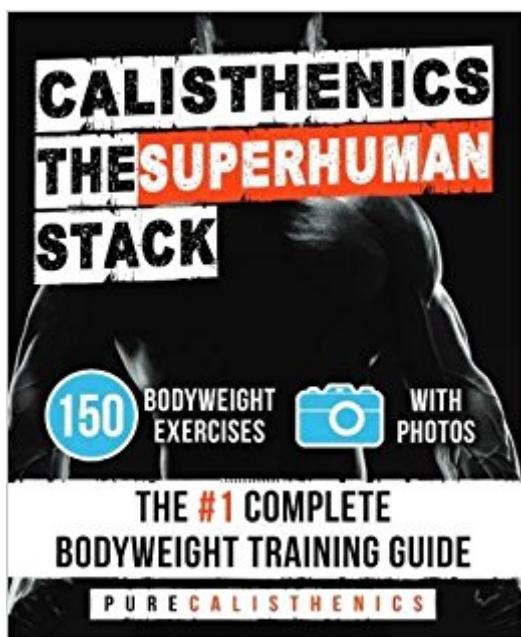


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# **Calisthenics: The SUPERHUMAN Stack: 150 Bodyweight Exercises | The #1 Complete Bodyweight Training Guide (The SUPERHUMAN Series)**



## Synopsis

Calisthenics: The #1 COMPLETE Bodyweight Training Guide—3 Books in 1 + FREE Workout Program, Limited Time! —“Bored of the same old workout plan? Hit a plateau in your progress? Want to SHOCK your body with something new? Keep reading! Welcome to the world’s most effective training system. This is a complete bodyweight exercise guide GUARANTEED to get RESULTS. Let’s take a closer look.

The ULTIMATE Total Body Training Guide

When we say ULTIMATE really mean it! This is the ONLY calisthenics guide you’ll ever need. Here’s a sneak peak of what’s inside:

- How calisthenics works
- What calisthenics can do for YOU
- 150 bodyweight exercises + photographic demonstrations
- Expert advice on sets, reps and form
- How to eat right to maximize your results
- How to warm up and prepare for calisthenics
- How to become more flexible
- Cardio and conditioning drills to blast body fat and get ripped
- How to transition from beginner > intermediate > advanced calisthenics 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 AMAZING 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 eBook 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. Go SUPERHUMAN Today! There is simply no better way to build a superhuman body than with calisthenics. So, what are you waiting for? Buy now and get it FAST!

Tags: calisthenics, calisthenics for beginners, bodyweight exercises, calisthenics routines, calisthenics workout, calisthenics book, calisthenics exercises, bodyweight training, pure calisthenics

## Book Information

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## Customer Reviews

This book is awesome! The gym wasn't really working for me because I have such a busy schedule so I couldn't have found this book at a better time! Not only does it give 6 months of training for beginners (which is definitely what I am), but when I feel like I'm ready to progress, it offers workouts and advice for that as well. The author realizes also that this is not just about exercising, but it's a mental process as well. This book have different progressions which will challenge your functional strength, balance and stability in a range of different muscle groups. This is a book that I recommend highly!

This is a good book on Calisthenics. All of the things, tips and guides that my children need to know about Screen-Free Summer Fun are already included and well written inside. The authors have done an incredible awesome job in compiling and creating this book. What I love the most from this book is the parts "How to eat right to maximize your results & How to warm up and prepare for calisthenics & How to become more flexible". This book is very informative, helpful and well written. This book is really a great resource for those who want to learn more about Calisthenics.

So this book basically competes with complete calisthenics and convict conditioning. They are all very good, and actually all have something to offer, but for me this is the best "complete guide". That's because it suits my needs perfectly. I wanted a "resource" of calisthenics exercises and this is jam packed with moves. Doesn't really matter what level you are at because this book is laid out to be easy at the start and get more difficult as you go on. So go ahead and pick it up if you want to learn calisthenics or even brush up your current skills.

Bodyweight training is an awesome thing! Me and my husband do it with pleasure. This bodyweight training manual is perfect. It contains training tips and instructions with pictures for each part of body. We becoming experts from beginners.

They are correct when they say this is the ultimate bodyweight training guide because it covers everything from calisthenics for beginnerÂ¢Â™s right up to expert level. It starts with push-ups, then goes through a full 150 bodyweight exercises with pictures and explanations, right up to advanced moves. For that reason itÂ¢Â™s perfect for any level to grab and get on with.

This book is practically glued to my side. I started calisthenics training rather recently and this book has been like my very own personal trainer. Got a fair way to go before I am happy but I am already seeing results following the progressive exercises.

Good resource for body weight exercises. This will add more variety to the gym. Glad I bout the book

Easy to understand and with all the progressions and tips that you expect from a book. I totally recommend this book. Great Book about calisthenics. With detailed step by step explanations to some interesting exercises. Worth trying to master these exercises.

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