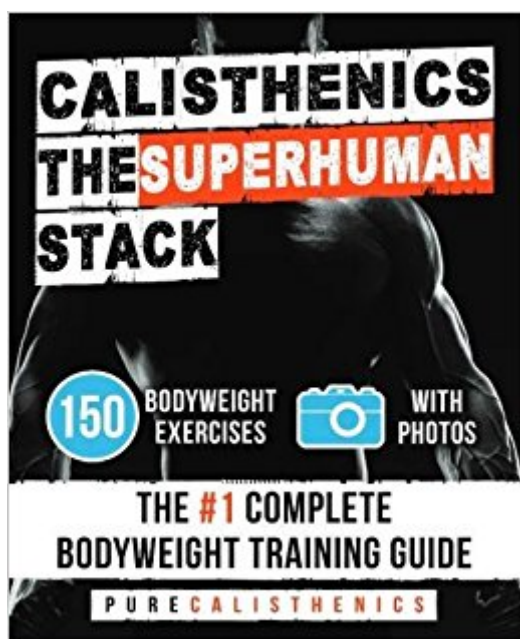


The book was found

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

Series: The SUPERHUMAN Series

Paperback: 354 pages

Publisher: CreateSpace Independent Publishing Platform (November 19, 2016)

Language: English

ISBN-10: 1539045676

ISBN-13: 978-1539045670

Product Dimensions: 8 x 0.8 x 10 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 24 customer reviews

Best Sellers Rank: #736,137 in Books (See Top 100 in Books) #105 in [Books > Sports & Outdoors > Individual Sports > Mixed Martial Arts](#) #108 in [Books > Sports & Outdoors > Mountaineering > Rock Climbing](#) #126 in [Books > Sports & Outdoors > Individual Sports > Gymnastics](#)

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 beginner to 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 it'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 bought 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.

[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) Calisthenics: The SUPERHUMAN Stack: 150 Bodyweight Exercises | The #1 Complete Bodyweight Training Guide (The SUPERHUMAN Series) Bodyweight: Bodyweight Bible: 44 Best Exercises To Add Strength And Muscle (Bodyweight Training, Bodyweight Exercises, Bodyweight Bodybuilding, Calisthenics, ... For Beginners) (Bodybuilding Series) Calisthenics: The SUPERHUMAN Stack: 150 Bodyweight Exercises | The #1 Complete Bodyweight Training Guide Calisthenics: Bodyweight Training Guide; Get Strong, Fit, and Flexible in Only 15 Minutes per Day with Bodyweight Training, Bodyweight Exercises, and Calisthenics Calisthenics: The 20-Minute Dream Body with Bodyweight Exercises and Calisthenics (Bodyweight Training, Street Workout, 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: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines Book 1) Bodyweight Training: Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workouts (Bodyweight Training, Bodyweight Exercises, Strength Training, ... Bodybuilding, Home Workout, Gymnastics) Calisthenics: Workout Routines - Full Body Transformation Guide (calisthenics workouts, calisthenics for beginners,calisthenics books, calisthenics program) Calisthenics: 30 Minutes to Ripped - Get Your Dream Body Fast With Body Weight Exercises and Calisthenics (Calisthenics, Body Weight Training, Bodyweight Strength) 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 for Beginners: 50 Bodyweight Exercises | The #1 Bodyweight Training Starter Guide (The SUPERHUMAN Series) 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) 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) 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)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)