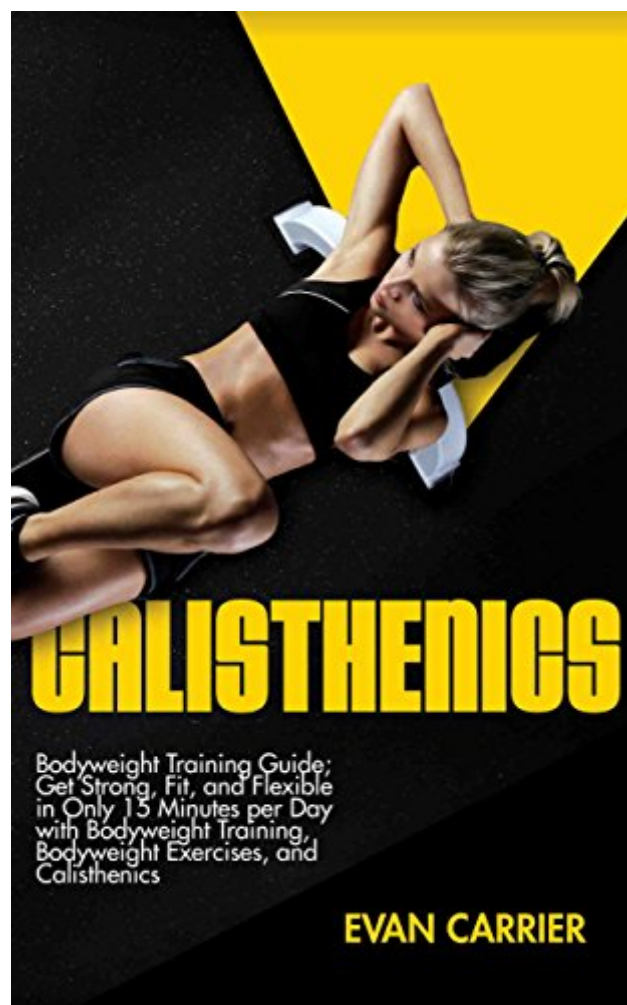


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# Calisthenics: Bodyweight Training Guide; Get Strong, Fit, And Flexible In Only 15 Minutes Per Day With Bodyweight Training, Bodyweight Exercises, And Calisthenics





## Synopsis

Get fit and improve your health with the world's oldest form of exercise! In this book, you'll learn the history of calisthenics, which is exercise using just your bodyweight, why it's so effective, and what exercises you can do to transform every part of your body. The story of calisthenics is ancient. Calisthenics was the exercise of the Greek olympians and Roman gladiators. This book explores how calisthenics went from being the workout of the gods to a less-popular choice after weightlifting and bodybuilding became a thing. Now, however, calisthenics is making a comeback in a big way, and has endured other workout fads for thousands of years. Why is calisthenics good for you? There are a lot of reasons why bodyweight exercise is so effective. The book will go over all of them, including how: You don't need a gym and can do calisthenics anywhere. You don't need to buy expensive equipment. It supports other forms of exercise like running and biking. It's safe, even if you have a history of injury. It's been shown to be great exercise for weight-loss. This book breaks down calisthenic exercises by parts of the body: upper, core, and lower. You'll learn how to safely perform a huge variety of calisthenic exercises and their variations, like: Planks, Sit-ups and push-ups, Squats and crunches, Lunges and calf raises. Calisthenics can be great for cardiovascular health and flexibility, so the book will also go over exercises specifically designed for those purposes. Calisthenic exercises for your heart health involve a lot of movement, so you can get your heart rate up. Expect to see plyometrics, which means workouts that have you jump into certain positions, like squats and lunges. Calisthenics for flexibility focuses on dynamic stretching, or stretching through movement, which is safe and effective. The book will also go over how to stretch properly, and when to do it. A healthy diet fuels productive calisthenic exercise. To make the most out of your calisthenic workouts, what you eat is very important. This book explains how protein builds the lean muscle you want, what kinds of carbs you should be eating, and if protein powder is worth all the hype. You'll even get a recipe for a healthy protein shake, what protein shake brands are best, and ideas for protein-hearty meals. You know exercise is good for you, and now you can actually get into it without getting bored. One of the best things about calisthenics is that it has been proven to be a safe form of exercise for just about anyone, and you can get a lot of variety into your workouts. There are so many calisthenic exercises, so if you get bored with one workout, you can easily start trying different variations on the classics to shake things up. The book provides sample workouts of exercises strung together, but you can just swap out new ones when it starts to get old. A huge reason why people give up on exercise is simply because they're tired of doing the same thing over and over again. That will never happen again when you commit to calisthenics. With this book, it's now possible to build the body

youâ™ve always wanted, and significantly improve your health!

## Book Information

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## Customer Reviews

The principles of calisthenics involve gradual strength gain by increasing your capability to do exercises of increasing difficulty. The name for this philosophy is known as *progressive calisthenics*. This involves beginning with constant repetition of relatively easy exercises which will increase in difficulty as your strength and bodily capabilities progress. Once you have completed the progression up to the most difficult exercise, you will have maximised your potential strength in that area. This book have different progressions which will challenge your functional strength, balance and stability in a range of different muscle groups. Complete them all and you will definitely be at the peak of your physical shape.

I had a huge interest to know more about calisthenics and exactly for that reason, I was looking for a helpful training guidebook. Suddenly, last week my elder brother highly recommended this

guidebook and after hearing from him, I didn't forget to pick it up and read entirely. I am so impressed by reading this book because throughout this read I have learned so many useful techniques about how to get strong, fit & flexible. The author Evan has described all the things one by one and very clearly. No doubt it was a worth purchase and highly thankful to my brother for suggesting this such an awesome book.

This is a powerhouse of a fitness strategy packaged into an unassuming ebook. If you can spare just 15 minutes for yourself then you can experience the profound benefits of calisthenics for yourself. Working out using just your body weight might not sound like much of a workout but if you haven't tried the exercises in this book then you just don't know what you are missing.

Never thought I could get such a great workout without going to the gym or buying a bunch of expensive equipment. This is the book that eliminated all excuses once and for all. When you know how to workout with your own body weight for free, whenever you want, in whatever time you have you will enjoy being fit and healthy for life.

This book gives you all the tools to create your own routine for Calisthenics Trainings, exercises, progressions, variations, stretching exercise and information on which you can build your own training plan, according your goals and physical state. Worth trying to master these exercises.

If you think you don't have the time or the money to get a good workout in, you are wrong! This book makes fitness accessible for anyone. For a few dollars you can have a lifetime of looking your best and staying in great shape more easily then you thought possible.

These workouts are quick to do in the morning. I just do them at home and I save money and time going to the gym while actually getting a better workout then I used to get using a bunch of weights and machines.

These exercises are actually really fun and I like that I can squeeze a good workout in wherever I am. The author speaks with authority and the exercises and the weight loss plan are sustainable.

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