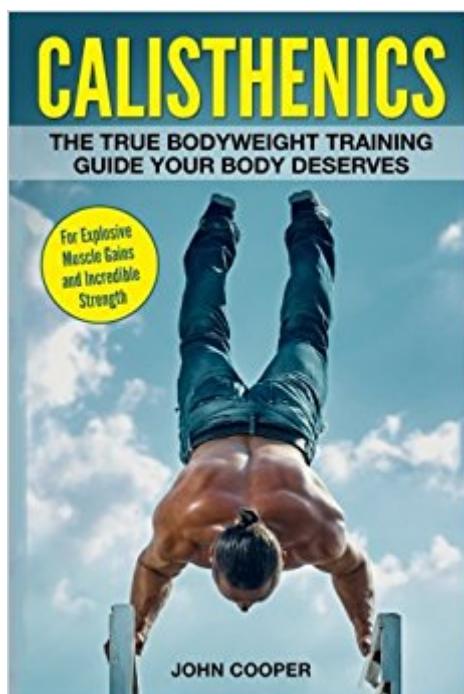


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# Calisthenics: The True Bodyweight Training Guide Your Body Deserves - For Explosive Muscle Gains And Incredible Strength



## Synopsis

Do you want to build mass, gain strength, lose fat and increase your flexibility - without dropping thousands of dollars on expensive diet supplements, gym fees and exercise equipment? Don't have hours to spend at the gym daily - but looking to build strength and muscles without killing yourself? A calisthenics workout is the ultimate bodyweight strength training - and anyone can get started today! *Calisthenics: The True Bodyweight Training Guide Your Body Deserves* is the perfect introductory guide, featuring a six-month calisthenics for beginners training course, while also providing in-depth information on bodyweight workouts for readers already familiar with the science behind this form of exercise. Expert dietary advice is also given alongside calisthenics exercises, giving the full lowdown on 6 biggest diet flaws that actually sabotage your health. Readers will also discover 3 sample diets that have been scientifically designed to maximize calisthenics muscle mass growth. The psychology behind a successful regime is also explored, especially the nexus between mind, body and diet. With an extensive BONUS FAQ covering the top questions that readers have when embarking on a calisthenics and bodyweight workout training regime, this *Calisthenics and Bodyweight Training Guide* is the ideal companion for anyone looking to transform their body and lifestyle into a healthier one. When it comes to calisthenics, how to build muscle, or gaining incredible strength, this book will benefit you by:

- Showing you HOW calisthenics works
- Teaching you how to build calisthenics mass
- Teaching you exercises to work out every single muscle
- Providing you information about how many sets to do and when to do them
- Teaching you how to lose weight and gain muscle safely without equipment
- Providing you with more than 20 tips for building muscle mass and keeping it
- Showing you how to avoid the most common calisthenics mistakes

And much more! This is THE ONLY guide on the market that also shows you exactly HOW TO perform each exercise with step-by-step illustrations! With 30 Beginner exercises, 10 Intermediate exercises and 10 Advanced exercises, it's easy to start a calisthenics workout at any fitness level. Would You Like To Know More? Download now to discover the world's most efficient muscle-gain program. Scroll to the top of the page and select the buy button to get your copy of *Calisthenics: The True Bodyweight Training Guide Your Body Deserves* today.

## Book Information

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## Customer Reviews

John Cooper was born in the United States, but as an army brat, spent most of his childhood traveling the world with his family. It was his own service in the military that first sparked his interest in fitness and, eventually in calisthenics. His drive to learn as much as he could about this type of body-weight exercises led him to training his fellow soldiers. After being discharged from the military, Cooper became a personal trainer. He began working with clients to help them lose weight, build muscle, and achieve their goals. It was during this time that he really began to develop his own training programs - for beginners, intermediates, and for experts. These programs became the foundation for his book. Over his years of military service and working with clients, he has learned everything there is to know about calisthenics and has found the most effective and most valuable workouts for those at every level and for both men and women, no matter what their fitness goals are. His program and philosophy have left clients fitter than they have ever been before, and now Cooper is bringing that knowledge to the world!

Like most people I have a very busy schedule, and often time's I'm not able to go to the gym, and purchasing equipment is just too expensive. After doing some research I realized calisthenics was the way to go. Having read through many previous works I was frankly disappointed with the overly simplified workouts and confusing regimens. Luckily I persevered and finally found "Calisthenics" by John Cooper, not only was it easy to follow, well written, but it sparked a new found passion. Detailed diagrams, step by step illustrations are just the beginning; John Cooper goes above and beyond the call with personalized meal plans and effective workout routines from beginner to expert. I feel and look so much healthier, thank you John! This is a book that I recommend highly!

I am a 40 something mother of 2. I was looking for a book about bodyweight training. I am glad I decided on this one. It provides a practical and realistic guide to calisthenics. It gives different

degrees of exercises (essential, intermediate and advanced) along with the steps to do them, illustrations and tips. It also suggests using a journal to track my progress and a dietary plan. Although my end goal is not building muscle and looking like the Incredible Hulk but more to get fit and lose weight, this book is helping me make a plan and set achievable goals. I would certainly recommend this book for anyone interested in calisthenics.

As a Physical Education and Health teacher, I know there is a lot of information out there right now which can be misleading to the public. So, when I research and look for helpful material for my classes, I don't just pick anything. When it comes to the book "Calisthenics," I was thoroughly impressed with the text itself. Finding this guide has given me great information to share with my students, but also has helped me re-evaluate my own physical fitness. I really appreciate the statistical work this book has put in to share the value of physical activity for the body ranging from the brain, lung, and heart health. The 30 essential exercises in the text have given me and my students a variety of activities, which have challenged our physical fitness. They have been fun to try, and I have enjoyed the process of working out in a new way. It is great that the exercises only need to be done with body weight and not with expensive fitness equipment. I highly recommend this guide to physical fitness!

I live a very busy life and have no time to get to the gym at the end of the day. My overall health and body image is still important to me, so I went searching for a book about Calisthenics and bodyweight exercises. What I found in this book were perfect illustrations and an easy to read format. I am not much for reading, so this was refreshing for me. It offered so much more than I expected, like the nutrition recommendations and great workout programs. Overall, I highly recommend this book for anyone who wants to get in shape without paying for the expensive gym membership.

As you can see, I am very interested in dieting, exercising, and living right from the books that I read and review. This guide of Calisthenics is a fantastic explanation of why you would want to engage in this type of exercises, why they work, and then show you the specific exercises. It was very convincing from the amount of information that is available in it, and has convinced me that I need to do more body weight training. It also has the way to add weight to some of the exercises if they start to feel too easy. In addition, there is a dieting guide in the back of the book for additional improvement of your life. The body weight training that is portrayed in this guide is fantastic and I

would recommend this to anyone who is curious about various types of training.

Great for anyone wanting to get started with bodyweight training. Great description of the exercises, progressions from beginner to advanced, and appropriate links so the reader can see the exercises on video. I would definitely recommend this book.

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. We have to connect our mind with this so we can remain focused and motivated. I'm telling you this book can save you gym membership fees because you need no equipment and it's so effective! You have to read it!

In my opinion, "Calisthenics: The True Bodyweight Training Guide Your Body Deserves" is the go-to guide for calisthenics and bodyweight training. With beautiful formatting and detailed illustrations, this book greatly exceeded my expectations and helped me develop a personalized nutrition plan that works perfectly for my body type. Thanks, John, for creating such a straightforward guide to calisthenics!

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