



Calisthenics for dummies: Train Smart. How to maximize muscle growth with bodyweight training

Valeriu Cotet

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Calisthenics

Are you looking to lose fat while also building muscle, creating a lean, toned body? If so, a bodyweight training is right for you. When it comes to bodyweight exercises, there is nothing more frustrating than losing fat, without building muscle on top of that fat loss. Most people just aim for a lower number of the scale, but if you want a powerful, functional body, you should also be gaining muscle, as you are losing fat. Calisthenics for dummies shows you how to build strength, power, athleticism, and astounding physical ability using only your bodyweight as the resistance. However if you follow the instructions given in this book, you will obtain the same results as following weightlifting workouts. Relying on no equipment, this book promises to be the most comprehensive and detailed bodyweight exercise manual. You may consider this book as a mini encyclopedia of bodybuilding.

Learn how to perform many different types of push-up, pull-up, handstand, muscle-up, lever, core exercise, lower body exercise, and conditioning movement, and in the process develop the strongest and most capable physique ever.

The best part of this book is that the results happen FAST! No more waiting around for your diets or workout regimen to show results. With this program, you will begin to see the fat melt away and the muscle mass packing on. The results can give you even better results than a bodybuilding geek trainer could every give you.

The book contains bodyweight training workouts, both for beginners and for advanced athletes. There are several workout routines designed for endurance, strength, muscle building, muscle building and fat loss in the same time. There are over 10 workout routines, so you can change you training schedule weekly.

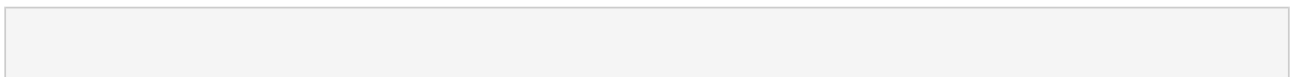
One thing here is for sure: You'll experience better gains and burn fat faster than any other bodyweight training program you'll find out there. This bodyweight training program is designed to force your muscle to grow and burn fat in the same time. Most of the athletes thinks this is impossible, but I going to prove you that it is not impossible, that you can certainly build muscle and lose in the same time if you act in a certain way. You don't have to buy a dozen of bodybuilding books or the search the web about calisthenics bodybuilding the whole day.

Therefore, you'll able to do the hardest calisthenics exercises in the shortest period of time. You'll experience muscle gains and fat loss earlier than you can even imagine. So far, it is the fastest muscle gaining program you will find and proven to give you optimum results.

You're guaranteed to see a visible difference in size of your muscle and fat in a matter as early as 2 weeks. Guaranteed!

And the best part of this book is that the results happen FAST! No more waiting around for your diets or workout regimen to show results. With this program, you will begin to see the fat melt away and the muscle mass packing on.

This book contains the best bodybuilding workouts and tips with bodyweight exercises only. So don't hesitate to check this out. You may spend a few bucks for it, but you save time and results.



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Darcie Hartman:

This book untitled Calisthenics for dummies: Train Smart. How to maximize muscle growth with bodyweight training to be one of several books this best seller in this year, that's because when you read this e-book you can get a lot of benefit on it. You will easily to buy this particular book in the book retail store or you can order it through online. The publisher with this book sells the e-book too. It makes you more easily to read this book, since you can read this book in your Smartphone. So there is no reason to you to past this book from your list.

Marquita Oswald:

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Christopher Decker:

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