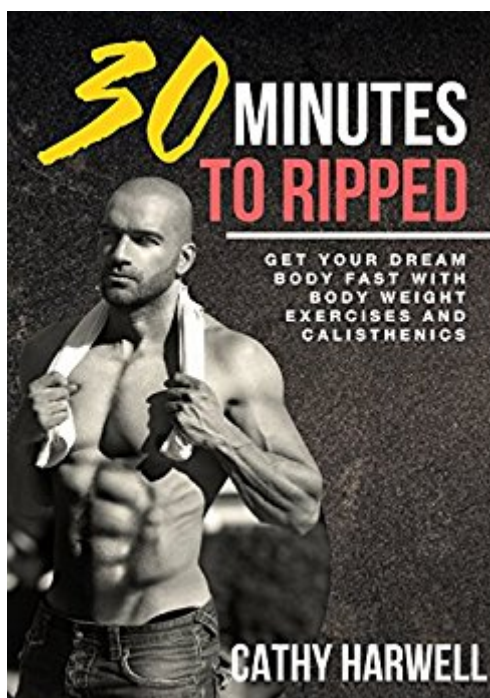


The book was found

Calisthenics: 30 Minutes To Ripped - Get Your Dream Body Fast With Body Weight Exercises And Calisthenics (Calisthenics, Body Weight Training, Bodyweight Strength)



Synopsis

Start Losing Weight and Gaining Lean Muscle Fast With Calisthenics! Keep Reading to Learn How..Calisthenics is one of the most efficient ways to workout. Not only can it be used to lose weight quickly, but it is also used to build muscle! It works by simply using your bodies weight in leveraged positions that maximize muscle tensions. All of this while taking it easy on your joints and tendons because you aren't using heavy weights. Many people go to the gym day after day, week after week, struggling to get the body they want. They have a tough time not because it isn't possible for them to achieve their goals, but because they don't have the proper routines, techniques, and exercises to kick-start their body into a workout machine. With 30 Minutes to Ripped you will learn cutting edge calisthenic exercises and routines that will take you to the next level!With This Book You Will Learn

- The 12 Most Effect Bodyweight Exercises
- Video Demonstrations For Each Exercise
- Why Losing Fat and Gaining Muscle Are Easy With Calisthenics
- Nutrition and Diet Facts to Kick Start Fat Loss
- The 21 Day Challenge

Much, much more!Take charge of your fitness, scroll up and buy this book today!!

Book Information

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Customer Reviews

Awesome book! I'm excited to start this new workout regime. I really want to gain some lean muscle and the exercises in this book look like a great way to do that! Not to mention each exercise links to a video that shows you how to perform it correctly!

This book helped me a lot and taught me lots of effective body weight exercises. Actually, I had a huge interest to learn more about Calisthenics and body weight exercises. My best friend recommended me about this Calisthenics: 30 Minutes to Ripped - Get Your Dream Body Fast With Body Weight Exercises and Calisthenics (Calisthenics, Body Weight Training, Bodyweight Strength) book and by reading this book I have learned a lot. It is true that calisthenic is one of the most effective ways to workout. By reading this book I have learned about the most effective body weight exercises perfectly. The author of this book has described each exercise very clearly and step by step. By reading this book, I have understood about nutrition & diet facts. I am already trying to practice these exercises regularly and trust me by practicing these exercises, within a week I got a huge improvement over my body. Definitely this is a helpful guidebook and by reading this book I am super impressed.

After reading through this book that was a perfect fit for me in lengths of pages, it really made me understand how Calisthenics people that have fat related fat problems. At this point of writing I'm not fat at all, but there were a darker time in my life when everything was the opposite, and I bought this book mainly for curiosity. I think it is quite practical, and could really help you get started with simple things. Me myself could definitely benefit from the practical tips and exercises in the book, but I think it would be a smart thing to contact a personal trainer that can help, motivate and push you, and also go to a professional so you could tell the person about exactly how you are feeling, and what thoughts you might have, etc. But back to the book... It is not a long book, but, I very much liked the practical aspects it brought up!! Thanks for a good reading :-)

Overall it was a good way to easily learn about the calisthenic workout. There was nothing mindblowing, but if you want a quick guide on calisthenics that provides a set of workout exercises you can use then this is great! Not to mention it shows you videos of exactly how to do the

exercises.

I consider this to be one of the top two or three books on bodyweight training. You will learn how to perform many different types of push-up, pull-up, core exercise, lower body exercise, and conditioning movement, and in the process develop the strongest and most capable physique ever.

This book is informative, insightful, and motivating. The book provides information that can benefit all persons and is a great way to jump start your weight loss and exercise regimen....highly recommend for everyone to read. The 21 day challenge is realistic and attainable.

Reading this book made me aware of how Calisthenics will aid me with my fat problems. I'm not actually "fat fat" but I have fats on some parts of my body like on my sides and on my arms and I would love to eliminate them in a safer way. This book certainly gave me great ideas and I tried to do them already and it's as if I feel lighter. Great read really!

What I love about this book is the 21-day Challenge! They are very creative and advantageous to me. I actually started with them and I am proud to say that they help start my day right by making me feel lighter all throughout the day especially when I think that I lost some calories and fats on my body.

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