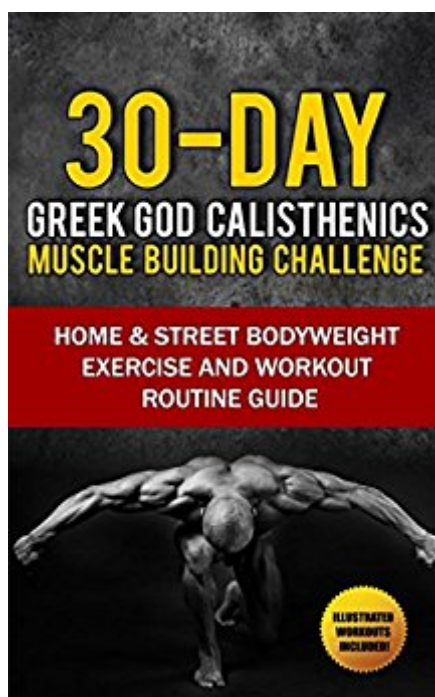


The book was found

Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise And Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines)



Synopsis

Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge **SPECIAL OFFER: OVER 50% DISCOUNT** DOWNLOAD TODAY FOR ONLY \$2.99!(regularly priced at \$5.99) What can the Calisthenics 30-Day Lean Muscle Challenge do for you? Youâ™re about to discover the proven calisthenics exercises to build incredible lean muscle on your body and you can do so at home or outside in the street. In this book, you will learn everything you need to safely get started in the right direction. You'll discover the crucial mistakes you must avoid when performing these exercises! (Read this book for FREE on Kindle Unlimited - Download Now!) Moreover, you'll learn the advantages of Calisthenics exercises compared to other workouts. Will also share with you some of the best workouts and exercises to get you the most impactful results. Lastly, you will also get a 30-day exercise training routine plan, so you can get started right away! Here's just a preview of what you'll soon learn... Finally discover what the Calisthenics is all about and how you can quickly build lean muscle! You'll discover the advantage of Calisthenics and learn why these workouts work and others don't! Discover the best HOME & STREET exercises to get the most impactful results! The MOST COMMON exercise mistakes and helpful tips to avoid them all revealed to you! You'll get a 30-day exercise ROUTINE, so that you can get started right away! Much, much more! **BONUS OFFER - FREE Fitness eBook Included:** (Regularly priced at \$19.99 but yours free today!): Order a copy today as a free token of appreciation will also throw in our "7 Fitness Mistakes You Don't Know You're Making" report and 7-part video series training course! This course breaks down many of the complexities and science of getting into shape by providing you with all the key information in a digestible way for you to be able to easily follow and get results. Having all this fitness knowledge and science organized into an actionable step-by-step course will help you get started in the right direction. **SPECIAL OFFER: OVER 50% DISCOUNT** DOWNLOAD TODAY FOR ONLY \$2.99!(regularly priced at \$5.99) Go to the top of the page and click the button on the right to order now for a limited time discount of only \$2.99! Youâ™ll be so glad you did! Tags: calisthenics, calisthenics for beginners, bodyweight exercises, calisthenics routines, calisthenics workout, calisthenics book, calisthenic exercises

Book Information

File Size: 1344 KB

Print Length: 45 pages

Simultaneous Device Usage: Unlimited

Publication Date: March 18, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01D5LBI4M

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #392,345 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #48

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Gymnastics #119

in Books > Sports & Outdoors > Individual Sports > Gymnastics #325 in Kindle Store > Kindle

Short Reads > 90 minutes (44-64 pages) > Sports & Outdoors

Customer Reviews

This is a really good guide for beginners. There are some solid exercises in this book and each exercise is explained well. I like that the author included pictures because there have been so many times when I was confused about an exercise move due to there being no pictures, so that's something I really appreciated. I've been a fan of calisthenics for a while, so I know the moves in this book work... my only problem is consistency. But I'm sure most can relate to that. ;-)

My boyfriend and I decided to get lean bodies before our trip to Greece. We got this book instead of finding a personal trainer. First and foremost, it's a good guide for those who are beginners. The author explains how to do the exercises with good illustrations. Then answers some of the common questions people have about calisthenics. What I liked was that the book included information not only about the exercises to do for 30 days to get the body you want, but the dietary advice. There is a section on what diet to combine with the workout. There is also a part where the author explains the common mistakes and how to avoid them. Now we are on the 5th day of the challenge. Feels good so far.

The more hours you spend exercising, the more protein from your muscles will get burned off as energy. Over time, prolonged exercising can actually impair your immune system and make you sick. Intense training sessions shouldn't take longer than an hour and no more than 5 days a week.

In addition, be sure you exercise with intensity. This can be quite essential for boosting your hormonal response, and is far more efficient than supplements.

Finally. A book written by an author that obviously knows calisthenics himself! The whole chapter on mistakes to avoid is worth the money. Knowing how to avoid injuries can save someone a lot of grief, and lets them focus on making gains instead! How to do full body workouts at home are explained in great detail. It's also filled with illustrations and images that make it really easy for the reader to know what's going on and how to do the exercises.

I know that calisthenics and weightlifting are both forms of strength training, useful for developing stronger muscles, healthier bones and better stamina. I learned from this book that Calisthenics exercises do not rely on any equipment or devices, instead relying on one's own body weight for resistance. Weightlifting may use either free weights or specialized weight-training machines for resistance. I also learned that the primary advantage of calisthenics over weight training is the flexibility and ease of practicing in any place, at any time. Once we learn the proper technique for various calisthenic exercises, all we need is a clear space to practice powerful moves like pushups, sit-ups, crunches and lunges. I haven't started this 30-day beginner lean muscle challenge but I'm very excited. The author did great job on explaining every exercises here, they're very precise and simple and easy to understand. I highly recommend this book to those who wants to try calisthenics for body building.

The first time I saw this book cover, I thought to myself "what is calisthenics really" and then I realized it was something to do with exercising and decided to get it so that I can try something else and I like what I have seen as much as it is way out of my league I join my brother every now and then. We started the 30-Day plan and his body looks amazing I am envious and challenged.

Simple and straight to the point. I love the fact that the author has included useful pictures and diagrams that explain how to do the techniques. Some examples include dorsal raises, oblique v-ups, and superman push-ups. Tips are given to perform the correctly. There's also some handy hints on nutrition! I'm part way through my routine, it's challenging but it'll be worth it by the end.

This guy knows what he is talking about or at least I think he does....I got this to try it out and I am no good at it. I am not sure why I keep trying these I am not good at it LOL. However he really

breaks it down so it should be easy for me but I have no drive to work out. That being said if you are up for the challenge give this a shot it would for sure work if you actually do it.

[Download to continue reading...](#)

Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines) Calisthenics: Becoming A Greek God - Shredded Through Calisthenics And Street Workout (Bodyweight Training, Street Workout, Calisthenics) Greek: Greek Recipes - The Very Best Greek Cookbook (Greek recipes, Greek cookbook, Greek cook book, Greek recipe, Greek recipe book) Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) GREEK MYTHOLOGY: Greek Gods Of Ancient Greece And Other Greek Myths - Discovering Greek History & Mythology - 3rd Edition - With Pics (Greece, Greek, Egyptian ... Greek History, Mythology, Myths Book 1) Get In Shape With Exercise Ball Training: The 30 Best Exercise Ball Workouts For Sexy Abs And A Slim Body At Home (Get In Shape Workout Routines and Exercises Book 2) Calisthenics: 80 Bodyweight Exercises See Results Faster Than Ever with the Definitive Guide to Bodyweight Training- 3rd Edition Weight Training: Muscle by Science: Your Simple Guide to Building a Muscular and Powerful Body (Build Muscle, Get Stronger, Workout, Gain Mass, Build Size, Gym, Weight Lifting, Exercise, Fitness) CROSS TRAINING: No BS Complete WOD Guide to: Lose Weight, Build Muscle, & Get Ripped (Strength Training, Exercise and Fitness, Bodyweight, Home Workout, Fat Loss Book 1) 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) Complete Calisthenics: The Ultimate Guide To Bodyweight Exercise Exercise For The Brain: 70 Neurobic Exercises To Increase Mental Fitness & Prevent Memory Loss: How Non Routine Actions And Thoughts Improve Mental Health 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) Osteoporosis: How To Treat Osteoporosis- How To Prevent Osteoporosis- Along With Nutrition, Diet And Exercise For Osteoporosis (Reverse or Prevent Bone ... Supplement Treatments & Exercise Routines) HomeMade Muscle: All You Need is a Pull up Bar (Motivational Bodyweight Workout Guide) Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series) 30 Day

Whole Food Challenge: 30-Day Whole Food Diet Challenge Recipe Cookbook for Weight Loss Eat healthy, Lose Weight! (Whole Foods, Whole Diet, ... Whole Recipes, Whole 30 Diet Plan) (Volume 1) How to sculpt a Greek God Marble Chest with Push-ups (Bodyweight Bodybuilding Tips Book 1) The 90-Day Bodyweight Challenge for Men

[Dmca](#)