



Calisthenics: 15 Exercises to Easily Get Your Dream Body Using Calisthenics (calisthenics, explosive calisthenics, progressive calisthenics)

Austin Allen

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How many times have you looked at yourself in the mirror and turned away unhappy? Do you want to have a fully toned, fit body? Do you want to lose some excess fat? Do you want to be proud of your body's shape in the summer (and why not, winter) season? If you do, calisthenics is the answer you have been looking for!

Calisthenics is an exercise regime which is perfect for busy people like you, as it does not take up hours of your day (you will simply need about twenty minutes per session), you don't need to join the gym, you can perform it virtually everywhere (at home, in parks, on the beach, even in the street if you really want to) and does not require any specific equipment. This means that it is not only fast and effective, but also... cheap!

Calisthenics is used by professional athletes and by soldiers to keep in shape, improve their stamina, their motor and coordination skills, sculpt their bodies and increase their muscle mass, so why shouldn't you take advantage of it too?

One thing though, calisthenics only works if you follow the instructions for the exercises to the letter, and this is why Calisthenics: 15 Exercises to Easily Get Your Dream Body Using Calisthenics gives you absolutely precise instructions for each exercise, explaining exactly how to do it and detailing which muscles and which parts of the body each exercise is ideal for.

In this book, you will find:

- An introduction to calisthenics, how it works and which ones are its main principles
- Detailed exercises for the upper body
- Detailed exercises for your buttocks and lower body (including a 'miracle' one)
- Detail exercises for your abs and pectorals
- Detailed exercises that are good for the whole of your body
- How not commit the mistakes many make (for each exercise), thus making sure you receive the full benefit from each routine
- How to progress from a basic level to more advanced ones

So, what are you waiting for? Your ideal body starts on page one of this book!

Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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