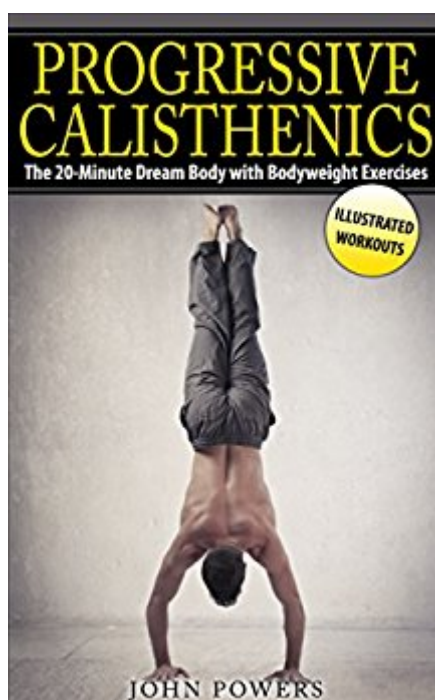


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# Calisthenics: The 20-Minute Dream Body With Bodyweight Exercises And Calisthenics (Bodyweight Training, Street Workout, Calisthenics)



## Synopsis

Calisthenics: What are they? Are you looking to lose fat while also building muscle, creating a lean, toned body? If so, a Calisthenics workout is right for you. When it comes to bodyweight training, 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 on the scale, but if you want a powerful, functional body, you should also be gaining muscle, as you are losing fat. This is where Calisthenics training comes into play. It is one of the best, most effective ways to improve your overall health. But how can you learn the right calisthenics exercises, the right nutrition for your workout, and the right lifestyle to compliment your new body? This is where Progressive Calisthenics comes in! In this book, you will learn twelve of the top bodyweight exercises, designed to make you not just lose weight, but actually build muscles and improve flexibility. You will finally have not just a body that looks great, but a body that is strong and is primed to take serious punishment. These exercises make you live longer and your body stay healthy longer. Addition to that, you will find the most effective advanced bodyweight training exercises and 30-Day Challenge to take your body to the whole new level! 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. What could be better than that? Only twenty minutes a day and you will be seeing great results, which will only motivate you to work harder! This book is equipped with workouts that are great for beginners and for advanced athletes. No matter your level, you can find a workout and a diet plan that fits your lifestyle and helps you achieve what you want to achieve. Can it really be that easy? With this book IT IS! Not only will you find detailed workout and nutritional guidelines, you will find answers to all of the following questions and more! â€¢ Is a bodyweight workout the same as weight training? â€¢ Can calisthenics actually help you build strength and real muscle? â€¢ Is calisthenics mass easy to build? â€¢ How do you do calisthenics exercises and for how long? â€¢ What kind of exercises can be done without equipment? â€¢ Do I need to take supplements? The best food choices to make. â€¢ What kind of exercises you should do to lose weight fast? â€¢ How to amp-up the basic bodyweight exercises to increase lean muscle growth? â€¢ How to have a killer abs? You can have your Dream Body in only 20 Minutes a day! All you need is a step-by-step guide that walks you through the process. Would You Like To Know More? Download now and take your fitness to the next level. Scroll to the top of the page and select the buy button to get your copy of Progressive Calisthenics today. Check Out What Others Are Saying..."Overall the book is good. I am getting bored in the gym so am going to give this book a try. I had never heard of calisthenics and I'm hoping they will help me tone up. The book has lots of

bodyweight exercises with good exercise descriptions and photos. I've done burpees before and I hate them lol. There are various workouts included, I'm to start the beginner workout tomorrow." - Catherine Keys

## **Book Information**

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## **Customer Reviews**

The author has put together a very good book regarding how simple calisthenics can help you turn your body into a strong and healthy machine. The simplest of exercises combined with a healthy diet will promote better overall health. Many people today could greatly benefit from this book by incorporating at least some of the exercises into their daily lives.

First impressions, the intro was a bit long which quite unnecessary but is a good bonus along with some statistics. I have been lifting and into fitness for about 4 years now and I have read articles, books, watched videos etc. I have experimented with a lot of programs, diets, cooking methods and everything in between, taking the most effective way of losing fat while gaining or

retaining muscle. In this book, I agree with the 30 minutes of working out ONLY if you're using that 30 minutes and giving it all you've got. You can train long or you can train hard but you can't do both. Usually, if you hit your workouts hard for about 30 minutes, you eventually hit your minimum effective dose• which is the only thing that matters as far as losing fat. Anything else after that is just a waste of energy. Here's an example: the boiling point for water is 100c or 212f, anything after that does not make it more boiled•. It has hit its minimum effective dose and anything after that is a waste of potential energy. Calisthenics or bodyweight training is very important because its balanced and safer in my opinion versus lifting heavy weights. You gain muscle and lose fat. It is safer because you're not dealing with lifting heavy weights and learning the proper form of lifting. If you are thinking of getting huge and entering a bodybuilding competition, this might not be the best method. Since you're only using your bodyweight, eventually you hit a plateau and you won't gain any more muscle. It's a good starting platform but you will want to lift weights after a while. Lots more of info and details in the book that I agree with. Highly recommended if you want lose weight, gain muscle, gain knowledge about fitness etc..

"I found the book to be very insightful. I remember in the Army having a drill instructor who used to use a lot of these same types workouts with us recruits. It was hard and grueling but it got us in shape fast. I think people forget that you do not need to be a member of a gym to exercise or stay in shape. The other aspect of the book I liked is the history it provides of body weight training that dates all the way back to the Spartans and how they used to train. The goes on to make some great points about how this should and could be implemented into our schools. With childhood obesity becoming a real problem, one would think schools would place more of a focus on physical education. I highly recommend reading the book."

The book starts with a very interesting introduction about calisthenics. I learned many new things about it and was very motivated to the first reps according to the book. Maybe for somebody the introduction might seem a bit long, but then skip it ;) I liked it! For beginners, the part about installing a training routine can be very helpful. I've been working out for years now and it's already a significant part of my life. The bodyweight exercises are well explained, pictures show the significant parts of the movements. Most useful for me was the part with handstand progressions, I started the routine and can see the first improvements. A lot of the calisthenics exercises are important part of my training routines now. My posture is much better since I've started integrating

these movements. Really inspiring and well written book!

Having grown up a military brat, my family followed a very active lifestyle. You name it, we did it. Fast-forward 20-years, and I am still working out, but it's much harder to stay in tip-top shape. When I discovered Calisthenics: The 20-Minute Dream Body with Bodyweight Exercises and Calisthenics, I totally changed up my routine. Turns out, my Phys Ed coach got it right, but calisthenics goes way beyond that, and this book shows you how with lots of illustrations, information on nutrition, and some pretty heavy detail on how to do the movements. All combined, this book is a one-stop shop for bodyweight exercises.

I really enjoyed going through this book. I could say it's quite interactive. It has great colourful pictures. Also the pictures of different bodyweight exercises make it easier for me to understand how to execute them. Also the links to videos helped me to understand the steps of exercises utterly! With this book I now have a much better understanding of nutrition and exercise. The most important part for me is learning about the best food and nutrition ideas to help my body stay fit with exercises and how to select what to eat and what to avoid to maintain a healthy diet. Because I don't have the time neither the money to join a gym, this book provided me with all the knowledge I need in order to work out from home and to eat the right meals. It didn't only help me with nutrition suggestion but with the challenging bodyweight exercises that I haven't seen anywhere else!

I am a freelance writer and I mostly work from home. I have been suffering from weight issues and have been putting off joining a gym from sometime now. Primarily because, I don't wish to beef up my body and look like some beast. Pumping iron isn't my idea of getting fit. I came across this book on Calisthenics and bought it since I had a vague impression of what it will be about but I was pleasantly surprised to see a lot of detail put into it. This book is a sort of panacea for me as I need not invest in body building but can perform simple exercises that fit into my schedule to get the fit and chiseled body that I always wanted to have. Thanks for writing this.

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