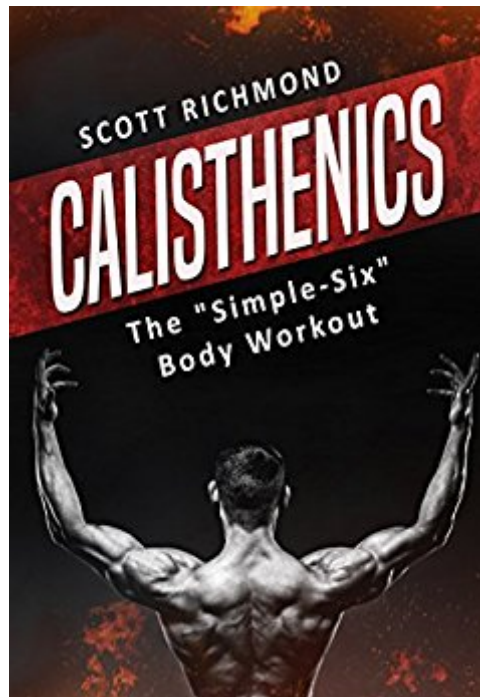




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Calisthenics: The "Simple-Six" Body Workout



Synopsis

CalisthenicsThe "Simple-Six" Body WorkoutWe have never had a better understanding of the importance of physical activity than we have today. Knowing we need to exercise and actually finding the time to get active, however, seems more difficult than ever before. When we drive down the street, it may appear that there is a gym on every corner, and a quick online search will find an amazing number of exercise programs out there, but perhaps, you do not want to commit to sharing your workout time with strangers or do not have time to complete that 60-minute training video. The need is greater than ever to find a simple system that travels anywhere you do, doesn't take a lot of time, and meets your health and wellness goals. That's where calisthenics comes in!Calisthenics, also known as Body Weight Training, has been the backbone of strength and conditioning workouts for more centuries than you can count on both hands. Whether it was ancient Chinese warriors, the Greek Spartans, or even your fourth-grade gym class, there probably is not a generation in history that hasn't found strength and wellness simply by working against one's own body weight. In this book you'll find:Starting at Your Baseline
Getting Your Train on the Right Track
Beginner Level Calisthenics Exercises
Increasing the Intensity with Advanced Calisthenics
Developing the Simple Six into a Completely Customized Workout
Overload vs. Overtraining and Best Practices to Avoid Injuries
Additional Options for Integrating Calisthenics and Other Types of Training Methodologies
By the time you are finished reading, I am confident you will have all the resources you need to work out whenever and wherever you find works best for you. Whether you are at home, on vacation, on a business trip or in the local park, you are sure to find your best workouts are ahead of you!If you want to get in shape and do it the calisthenics' way, this book is for you!Scroll Up And Click The "BUY" Button!

Book Information

File Size: 192 KB

Print Length: 46 pages

Publication Date: August 20, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B074ZK6917

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #43,100 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #24

in Kindle Store > Kindle Short Reads > 90 minutes (44-64 pages) > Health, Fitness & Dieting

#26 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Men's

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Customer Reviews

I'm into week 3 and I'm progressing well. The nutritional information is useful and the info on goblet squats has helped improve my squat form substantially. Banging out 50 squats in a set is "fun" if you're into that kind of thing. If I were to tweak the program I would throw in deadlifts at least 3 times over the 6 weeks. I'm following the program as is and I'm very happy with it. I love doing the complexes and they've gotten me interested in learning the Olympic lifts - another plus for this program. One big takeaway for me is that you can work hard and lift tons of volume, but if your nutrition plan is lacking, you won't get the gains you're looking for.

If you want to grow something fast that is because we have to use it and dissolve it faster than others so as our body if we want to grow our muscles fast it won't last long, that's why I always choose the natural process to workout for my body and hate to use machines, but it is very difficult to make new ideas or find natural way of workout where this book can really help me with all of its ideas and strategies to use calisthenics in my workout plan. The steps and strategies provided in this book is well explained and well improvised to find something new to try when I will get bored with the traditional process.

All my workouts involve one thing: calisthenics or bodyweight exercises. I do all my workouts on parallel bars, pull ups bars, or on the ground. Calisthenics is a type of fitness exercise that uses only your own bodyweight and minimal equipment. If there are no weights, and no real machines around. Your only option for a workout is calisthenics. It's pretty tough to get a good physique and build mass without weights, but you can use resistance. A lot of various exercises with body weight can be enough or you could get someone to apply pressure and resistance to help increase better stimulation of the muscles.

It is a great book for beginners who want to get a lot of information about Calisthenics I have never heard about Calisthenics and I decided to buy this guide to know more about it. In this book you can find proven steps and strategies on how to improve your overall health and physique through the proper execution of basic movements without the need for costly gym memberships or expensive equipment. All instructions and exercises are very detailed and helpful. This book is well written and easy to understand. I liked this guide. I highly recommend this book. It is worth.

One of the most detailed books on the subject of Calisthenics. Not only it does provide nutrition suggestions and the importance of mental preparation, but it also includes in-depth workout programs with some challenging exercises I haven't seen anywhere else. 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. I have a long way to go to get back in shape. But I've taken my first step to a healthier lifestyle, and thanks to this book.

This is very nice and amazing book. I have been learn from this book :Starting at Your BaselineGetting Your Train on the Right TrackBeginner Level Calisthenics ExercisesIncreasing the Intensity with Advanced CalisthenicsDeveloping the Simple Six into a Completely Customized WorkoutOverload vs. Overtraining and Best Practices to Avoid InjuriesAdditional Options for Integrating Calisthenics and Other Types of Training MethodologiesAnd much more! Overall, Fantastic book about calisthenics.

One of the things that triathletes like me need is a strength. I have a lot of workouts to do every now and then to maintain my figure and also to have a stronger body. Calisthenics explained the proper execution in doing such exercises to prevent injuries and also from danger. Nutrition is also important in exercise because if you workout a lot and eat a lot, you cannot gain anything. Core exercise is very important to us since we get our strength in the stomach. Calisthenics for me is effective!

In this book I have found...****Beginning at Your Baseline.****Getting Your Train progressing nicely.****Fledgling Level Calisthenics Exercises.****Expanding the Intensity with Advanced Calisthenics.****Forming the Simple Six into a Completely Customized Workout.****Over-burden versus

Over training and Best Practices to Avoid Injuries.**Extra Options for Integrating Calisthenics and Other Types of Training Methodologies.

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