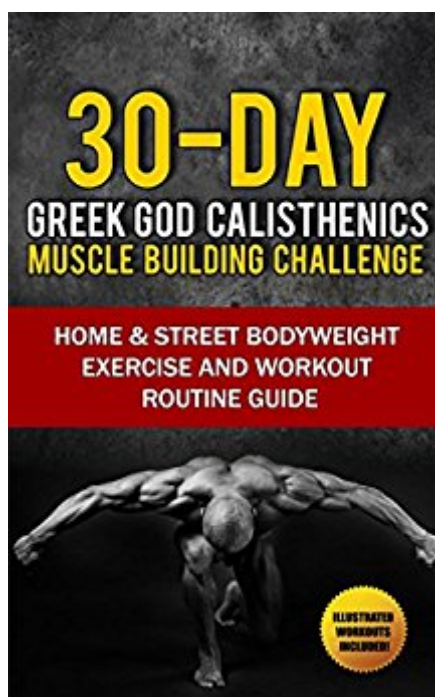


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Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise And Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines)



Synopsis

Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge

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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.

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