



## Strength and Physique: : Bodybuilding Calisthenics (Paperback)

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By James Chan

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Can you build a muscular physique on just calisthenics? Well of course you can! Just look at gymnasts: These guys don t even touch dumbbells or barbells, and yet they ve got ripped muscularity men want and women swoon for. But not every body weight exercise is going build muscular size. Burpees and mountain climbers are body weight exercises, but they sure as hell don t build muscle. We ve all seen people do 50 to 100 push-ups, and yet they don t look muscular at all. High rep push-ups and sit-ups don t do jack sh!t for building muscle. Body weight exercises that build muscle are the ones that stress the targeted muscles with high mechanical tension but require minimal coordination. Strength and Physique: Bodybuilding Calisthenics is about building muscular size solely through body weight training. No fancy gymnastics or acrobatic moves. No plyometrics. No superfluous movements. Just single lines of motion that require strength as opposed to skill. Strength and Physique: Bodybuilding Calisthenics reveals: Why high rep only calisthenics (i.e. 100 push-ups) SUCK for building true muscular size....



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