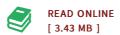




Calisthenics: Simple Bodyweight Exercises to Gain Strength, Size and Balance Wit (Paperback)

By Towdie Jones

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ****** Print on Demand ******. Discover The Calisthenics Book That Gives You Two Detailed And Complete 28 Day Routines To Lead You To Strength, Flexibility And Total Wellness! You re about to discover how to immediately start incorporating Calisthenics training into your life. Benefit from this books detailed description of all of the classic Calisthenics exercises and the two complete 28 day routines that you can start working on right away. Today only, get this Amazon approved kindle book for just \$0.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Here Is A Preview Of EXACTLY What You Il Learn. Learn the fundamentals of Calistehnics and find out if it is right for you Discover what sets apart Calisthenics from all other forms of exercise and weight training Find out the number one reason why Calisthenics is an easier form of workout than any other type of training You Il learn why Calisthenics is good for Men and for Women (and also learn why it is particularly good for pregnant women) The 5 Benefits Of Calisthenics (it...



Reviews

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