



CALISTHENICS: Simple Bodyweight Exercises to Gain Strength, Size and Balance Without Going To The Gym (calisthenics, calisthenics women, calisthenics 2.0, ... how to build muscle, bodyweight)

By Towdie Jones

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Discover The Calisthenics Book That Gives You Two Detailed And Complete 28 Day Routines To Lead You To Strength, Flexibility And Total Wellness!

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- 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'll 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's not just about bigger muscles, find out about *neural adaptation*, improved breathing, mental awareness and more!**
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- The 5 *Side Reasons* For Practising Calisthenics (the 5 benefits you may not have thought of)
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- *Continuous Sessions (how the right level of stress can lead to an **energy boost!***
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- Learn how a Calisthenics routine helps with Total Wellness!
- **Detailed “How To” Guide To Classic Calisthenics Exercises such as Burpees, Mountain Climbers, Prisoner Squats, Supermans, Cobras and more!**
- Create Your Own Routine: 6 tips to creating a Calisthenics routine that is perfect for you and your goals
- **A Complete 28 Day Calisthenics Routine For Beginners** (if you don't want to create a routine, here is one for you!)
- A Complete *Extreme* 28 Day Calisthenics Routine For Beginners (if you are up for a challenge why not try the extreme routine!)

Download your copy today! Even if you only get one great idea or tip from this book (and there is no doubt you will get many more than that) it will be an absolute steal at this price!

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Towdie Jones Bibliography

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