



## Calisthenics: Core Crush: 38 Bodyweight Exercises - The #1 Six Pack ABS Bodyweight Training Guide (Paperback)

By Pure Calisthenics

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Calisthenics: Core CRUSH! ? On Sale + FREE Bodyweight Workout Program, Limited Time! ? Tired of the same old workout routines? Hit a plateau in your progress? Want to sculpt your core into SUPERHUMAN form? Keep reading! The #1 Core Training Plan This book is part of a series which covers upper body, lower body and core bodyweight exercises. In this edition you will build a POPPING six pack and ROCK SOLID core! Here s a sneak peak of what s inside: Introduction to how calisthenics worksWhat calisthenics can do for YOU38 bodyweight exercises + photographic demonstrationsExpert advice on sets, reps and formNutritional advice to maximize your resultsFull warm up and preparation tutorialsFlexibility trainingCardio and conditioning drills to blast body fat and get rippedPlan to transition from beginner > intermediate > advanced calisthenics fast 38 Exercises Demonstrated with Photos We ve packed a whopping 38 exercises into this guide, complete with photos to show you EXACTLY how to perform each exercise. It s Easy as 1, 2, 3 We ve broken down each exercise into small, easily understandable chunks....



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