



100 TRIATHLON CALISTHENIC ExERCISES: OVER 100 EXERCISES YOU CAN DO ANYWHERE THAT WILL TAKE YOUR IRONMAN To THE NEXT LEVEL

Mariana Correa

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100 TRIATHLON CALISTHENIC EXERCISES is the latest trend in the fitness world and the best way to prepare your body for Triathlons. Training Calisthenics also known as bodyweight training involves working out with nothing more than your own bodyweight. Dating as far back as ancient Greece, Calisthenics has helped shape the bodies of Olympic Gods and Goddesses. Before barbells and machines mankind was getting hot, strong and chiseled using no more than bodyweight as resistance. Lately, callisthenic training is hotter than ever. A phenomenon sweeping around the world, helping you achieve your dreamed results. Whether you're looking to improve your cycling, swimming, running or just improve your physique, this book will help you achieve your goals. With Over 100 Custom Intense Bodyweight Exercises to boost your performance and push you to the limits this book will help you accomplish your goals and become the fittest you can be. The proper diet is essential to succeed so you will also find included 50 Paleo recipes designed to complement your workouts.



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