



# **Calisthenics for Beginners: 50 Bodyweight Exercises | The #1 Bodyweight Training Starter Guide (The SUPERHUMAN Series)**

*Pure Calisthenics*

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## **Calisthenics for Beginners: The #1 Bodyweight Training Starter Guide**

**? On Sale + FREE Bodyweight Workout Program, Limited Time! ?**

**Bored of the same old workout plan? Hit a brick wall in your progress? Want to SHOCK your body with something NEW? Keep reading!**

Welcome to the world's most effective training program. This is a beginners guide to bodyweight exercises GUARANTEED to get RESULTS. Let's take a closer look.

### **The #1 Starter Guide**

When we say we're #1 we really mean it! This is the most complete calisthenics starter guide available today. Here's a sneak peak of what's inside:

- How calisthenics works
- What calisthenics can do for YOU
- 50+ bodyweight exercises you can learn + photo demonstrations
- Expert advice on sets, reps and form
- Nutritional advice to maximize your results
- Guide to warming up and preparing for calisthenics
- Core lessons in flexibility
- Cardio and conditioning drills to blast body fat and get shredded
- How to transition from beginner > intermediate level smooth and fast

### **Every Exercise Explained with Photos**

Calisthenics experts break down every exercise into simple to follow steps with pictures. It's as easy as 1, 2,

3!

Also included are precise recommendations for numbers of sets, reps and hold times for every exercise. It's like having a personal trainer in your pocket!

## **Packed with EPIC Extras**

When you purchase this book you will receive our calisthenics bumper pack to help you on your journey. Here's what's inside:

### **BONUS #1**

Get your very own beginners bodyweight training program FREE with this book! Features a full week of exercises to help you master the fundamentals of calisthenics.

### **BONUS #2**

Get our exclusive 'Six Pack Secrets' guide FREE with this book to help you build a rock solid core in double quick time!

### **BONUS #3**

Free expert calisthenics advice and support! Inside this book is your invitation to join our community and mix it with the pros.

## **Start the Road to SUPERHUMAN Today!**

There is simply no better way to build a superhuman body than with calisthenics. So, what are you waiting for? Let's get started!

**Buy now and get it FAST!**

Tags: calisthenics, calisthenics for beginners, bodyweight exercises, calisthenics routines, calisthenics workout, calisthenics book, calisthenics exercises

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