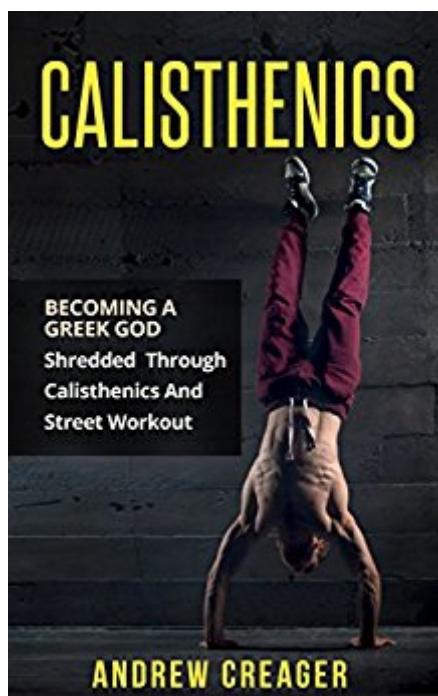


The book was found

Calisthenics: Becoming A Greek God - Shredded Through Calisthenics And Street Workout (Bodyweight Training, Street Workout, Calisthenics)



Synopsis

Get the Ripped Body of a Greek God You've Always Wanted through Bodyweight Training!When it comes to maintaining a healthy lifestyle, most of us are a bit lazy. It's time for us to start making positive changes to our physiques. There's no time like the present!READ FREE WITH KINDLE UNLIMITEDCalisthenics: Become A Greek God â “ Shredded Through Calisthenics And Street Workout can help you overcome the obstacles you'll face on the road to a better body. It describes the methods you can follow to change your body into something you're proud of. Whether you're trying to lose weight or gain muscle mass, this book gives you everything you need to know for bodyweight training success. With Calisthenics: Become A Greek God â “ Shredded Through Calisthenics And Street Workout , you can look better, gain strength, and add healthy energy to your life. You'll also learn about going to a gym, using proper form, taking supplements, and eating right!Here's an example of what you can learn from this book:"For many people, the area of their body that they want to get toned the fastest is their core. Everyone wants a six-pack or even a flat stomach for that matter. If you're looking for a tummy that is tight and straight, I've got another four exercises that are going to radically change your stomach and tighten up that core. Remember, core is important. It will influence everything you do and crunches and sit-ups are off limits from now on. They're a waste of time and these exercises will really make you work for it."Furthermore, Calisthenics: Become A Greek God â “ Shredded Through Calisthenics And Street Workout contains chapters devoted to each of the major muscle groups:LegsCoreChestBackShouldersArmsWhen you download Calisthenics: Become A Greek God â “ Shredded Through Calisthenics And Street Workout , you will understand what it is like to be a Modern Spartan, Greek God. Download Your Copy Right Now!

Book Information

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Customer Reviews

Ã „So to start off, I should definitely recommend this book to beginners and those, who want to start doing something for their health. The book covers anything you need to know from A to Z in order to start exercising. Author really goes in deep about being fit in order to start exercising (doing a physical before you start) and really makes sure that nothing happens that can be prevented. There are also some nifty routines and strategies included, as to what you should follow, when you start visiting gym. Habits you should build. Exercises included are understandable and accompanied by pictures (like half of them, anyway, the rest is just in a written form). Every muscle group you have, book mentions, with details as to what exercises should be done in this area and such. I found very little about back, though. There is also a chapter about diet and supplements, which will show you some basic guidelines to follow as well. I would take advice from here with a grain of salt, especially in the supplement area, as I cannot relate to everything written here. For example taking nitrix based supplement before sleeping. At least in my case, there would be no sleep if I took it. Book also suggests only two supplements. One being multi-vitamin, which is okay and fine and creatine, which is okay and fine as well, BUT. Book doesn't tell you anything about how you should take it. Creatine should only be taken in cycles, accompanied by certain workout program for the best results. Body will build up a resistance to it when taken everyday and its effect on the body will diminish over time. All in all, if we assume the book is targeted at beginners, it did a great job!

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