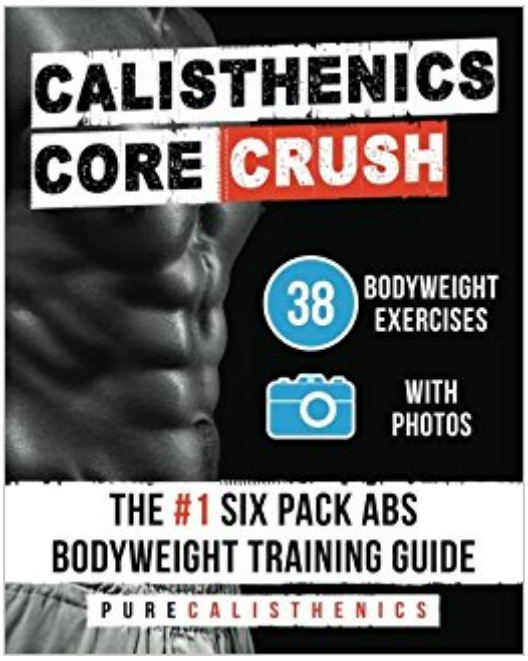
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Synopsis

Calisthenics: Core CRUSH!Ã¢â “Âº On Sale + FREE Bodyweight Workout Program, Limited Time! Ã¢â ”â 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 PlanThis 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 fast38 Exercises Demonstrated with PhotosWe'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, 3We've broken down each exercise into small, easily understandable chunks. So, whether you are a complete beginner, intermediate or expert, you will be learning with PERFECT form.Free Training Program & More!When you purchase this book you will receive our calisthenics bumper pack to help you on your journey. Here's what's inside:BONUS #1Get 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 #2Get our exclusive 'Six Pack Secrets' guide FREE with this eBook to help you build a rock solid core in double quick time!BONUS #3Free expert calisthenics advice and support! Inside this book is your invitation to join our community and mix it with the pros.Follow the ProfessionalsThis book has been carefully crafted by professional calisthenics practitioners.Don't take the slow lane to success, join us and go SUPERHUMAN today!Buy now and get it FAST!Tags: calisthenics, bodyweight exercise, street workout, mens fitness, calisthenics for beginners, six pack abs, obliques, bodyweight training

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