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Calisthenics: Core CRUSH: 38 Bodyweight Exercises | The #1 Six Pack Abs Bodyweight Training Guide (The SUPERHUMAN Series)

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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 works
- What calisthenics can do for YOU
- 38 bodyweight exercises + photographic demonstrations
- Expert advice on sets, reps and form
- Nutritional advice to maximize your results
- Full warm up and preparation tutorials
- Flexibility training
- Cardio and conditioning drills to blast body fat and get ripped
- Plan 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. 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 #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 eBook 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.

Follow the Professionals

This 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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Tommy Heckman:

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A lot of people always spent their free time to vacation or even go to the outside with them friends and family or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or perhaps playing video games all day long. If you would like try to find a new activity here is look different you can read the book. It is really fun for you personally. If you enjoy the book that you just read you can spent 24 hours a day to reading a book. The book Calisthenics: Core CRUSH: 38 Bodyweight Exercises | The #1 Six Pack Abs Bodyweight Training Guide (The SUPERHUMAN Series) it is very good to read. There are a lot of those who recommended this book. These folks were enjoying reading this book. In case you did not have enough space to deliver this book you can buy the actual e-book. You can m0ore quickly to read this book from a smart phone. The price is not to cover but this book offers high quality.

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Gail Blakely:

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