

Download EPUB Complete Calisthenics, Second Edition: The Ultimate Guide to Bodyweight Exercise by Ashley Kalym

Complete Calisthenics, Second Edition: The Ultimate Guide to Bodyweight Exercise
By: Ashley Kalym

CLICK HERE TO DOWNLOAD>>><https://iw1xxo5.alphoto.cz/1tRDZJ?keyword=Complete+Calisthenics%2c+Second+Edition%3a+The+Ultimate+Guide+to+Bodyweight+Exercise>

ISBN-13: 9781623174118

The ultimate guide to bodyweight exercises for anyone interested in taking their workouts to the next level without the use of weights, machines, or expensive gym membershipsComplete Calisthenics is an essential guide for anyone interested in losing weight, building core strength, and taking their workouts to the next level. Author and trainer Ashley Kalym has designed a comprehensive, easy-to-follow guide to calisthenics using only one's own bodyweight for resistance. Readers will learn how to execute a wide range of exercises such as push-ups, pull-ups, core development movements, and lower-body routines. Also included are easy-to-follow instructions for the planche, the front and back lever, handstands, handstand push-ups, muscle-ups, leg training, and other key exercises. Complete Calisthenics includes essential information on workout preparation, simple props, nutrition, and an assortment of diverse training routines. New to this second edition are enhanced muscle-building exercises, instructions for optimal rest and recovery, and an assortment of original recipes. Kalym also includes samples from his personal food diary. With over 500 instructional photos, Complete Calisthenics takes readers on a path to creating physical endurance, agility, and power. The book is suitable for every level of athlete, from beginner to experienced.

tags:

Complete Calisthenics, Second Edition: The Ultimate Guide to Bodyweight Exercise Download PDF
Read Kindle Complete Calisthenics, Second Edition: The Ultimate Guide to Bodyweight Exercise
Read Online Complete Calisthenics, Second Edition: The Ultimate Guide to Bodyweight Exercise
Complete Calisthenics, Second Edition: The Ultimate Guide to Bodyweight Exercise Free Book
PDF Kindle Complete Calisthenics, Second Edition: The Ultimate Guide to Bodyweight Exercise
Complete Calisthenics, Second Edition: The Ultimate Guide to Bodyweight Exercise Read Online

 Difficulté Difficile

 Durée 523 minute(s)

 Catégories Mobilier

 Coût 460 USD (\$)

Sommaire

Étape 1 -
Commentaires

Matériaux Outils

Étape 1 -