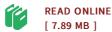




15-Minute Calisthenics Workout for Beginners

By Chris Clarke

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ****** Print on Demand ******. If you want to burn fat while creating a lean and toned body, then this guide is exactly what you need. Unlike other calisthenics guide designed for fitness buffs, Calisthenics Workout for Beginners is specially designed to guide you -- one step at a time -- to develop the strongest and most capable physique ever. even if you have never worked out before! Inside, you will find 48 of the top bodyweight training exercises designed to not just make you lose weight, but also gain more muscles and improve flexibility. They come complete with step-by-step instructions and they are designed to train various parts of the body like the arms, abdominal muscles (abs) or core, legs, chest, shoulders and the back. What s more, they can be done at the comfort of own home, requiring no special equipments. And to top it off, in just 15 minutes a day and you ll soon be seeing noticeable differences in your body, flexibility and energy. But that s not all. Besides the workouts, you will also receive: The Seven Tips to Start and See Fast Results...



Reviews

This book is definitely not easy to get going on reading through but extremely exciting to see. I am quite late in start reading this one, but better then never. I am pleased to explain how here is the finest book i actually have read inside my individual daily life and may be he best book for ever.

-- Mrs. Ellie Yost II

This publication is definitely worth buying. It is writter in straightforward words rather than difficult to understand. You are going to like how the writer compose this publication.

-- Dr. Joaquin Klein