



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...

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