

## Calisthenics: The 20-Minute Dream Body with Bodyweight Exercises and Calisthenics (Bodyweight Training, Street Workout, Calisthenics)

By John Powers



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**Calisthenics: The 20-Minute Dream Body with Bodyweight Exercises and Calisthenics (Bodyweight Training, Street Workout, Calisthenics)** By John Powers

### Calisthenics: What are they?

**Are you looking to lose fat while also building muscle, creating a lean, toned body?** If so, a Calisthenics workout is right for you. When it comes to bodyweight training, there is nothing more frustrating than losing fat, without building muscle on top of that fat loss. *Most people* just aim for a lower number of the scale, but **if you want a powerful, functional body, you should also be gaining muscle, as you are losing fat.**

### This is where Calisthenics training comes into play.

**It is one of the best, most effective ways to improve your overall health.** But how can you learn the *right calisthenics exercises, the right nutrition for your workout, and the right lifestyle* to compliment your new body? This is where *Progressive Calisthenics* comes in!

In this book, **you will learn twelve of the top bodyweight exercises, designed to make you not just lose weight, but actually build muscles and improve flexibility.** You will finally have not just a body that looks great, but a body that is strong and is primed to take serious punishment. These exercises make you live longer and your body stay healthy longer. Addition to that, you will find **the most effective advanced bodyweight training exercises and 30-Day Challenge to take your body to the whole new level!**

And the best part of this book is that the results happen FAST! No more waiting around for your diets or workout regimen to show results. **With this program, you will begin to see the fat melt away and the muscle mass packing on.**

What could be better than that? Only twenty minutes a day and you will be seeing great results, which will only motivate you to work harder!

This book is equipped with **workouts that are great for beginners and for advanced athletes**. No matter your level, you can find a workout and a diet plan that fits your lifestyle and helps you achieve what you want to achieve.

## Can it really be that easy?

With this book IT IS! Not only will you find detailed workout and nutritional guidelines, **you will find answers to all of the following questions and more!**

- Is a bodyweight workout the same as weight training?
- Can calisthenics actually help you build strength and real muscle?
- Is calisthenics mass easy to build?
- How do you do calisthenics exercises and for how long?
- What kind of exercises can be done without equipment?
- Do I need to take supplements? The best food choices to make.
- What kind of exercises you should do to lose weight fast?
- How to amp-up the basic bodyweight exercises to increase lean muscle growth?
- How to have a killer abs?

You can have your Dream Body in only 20 Minutes a day! All you need is a step-by-step guide that walks you through the process.

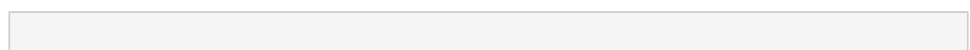
## Would You Like To Know More?

Download now and take your fitness to the next level.

**Scroll to the top of the page and select the *buy* button to get your copy of *Progressive Calisthenics* today.**

## Check Out What Others Are Saying...

"Overall the book is good. I am getting bored in the gym so am going to give this book a try. I had never heard of calisthenics and I'm hoping they will help me tone up. The book has lots of bodyweight exercises with good exercise descriptions and photos. I've done burpees before and I hate them lol. There are various workouts included, I'm to start the beginner workout tomorrow." - Catherine Keys



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*By John Powers*

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### Editorial Review

#### Review

*"I highly recommend the body weight exercises because a) I have everything I need to start NOW b) it won't cost me anything!! c) I have started following these exercises in my living room!"*

**- Mike Rocha**

*"All of the exercise use your own body and natural resistance to burn fat or tone and build muscle. They're split up into basic and advanced exercises, and the author provides several different routines aimed at people with different fitness levels"*

**- Yack**

*"Every exercise has a photo or graphic that shows how to do it properly. I'd recommend this book to anyone getting into calisthenics."*

**- R. Coy**

*"This book is a sort of panacea for me as I need not invest in bodybuilding but can perform simple exercises that fit into my schedule to get the fit and chiseled body that I always wanted to have."*

**- George**

*"This book has provided me with all the knowledge I need in order to work out from home and to eat the right meals in the correct portions."*

**- Kellen**

### Users Review

#### From reader reviews:

##### Jill Barks:

What do you about book? It is not important to you? Or just adding material when you want something to explain what the ones you have problem? How about your time? Or are you busy individual? If you don't have spare time to perform others business, it is give you a sense of feeling bored faster. And you have free time? What did you do? Everybody has many questions above. They have to answer that question simply because just their can do this. It said that about guide. Book is familiar on every person. Yes, it is appropriate. Because start from on kindergarten until university need this Calisthenics: The 20-Minute Dream Body with Bodyweight Exercises and Calisthenics (Bodyweight Training, Street Workout, Calisthenics) to read.

##### Corey Smith:

This Calisthenics: The 20-Minute Dream Body with Bodyweight Exercises and Calisthenics (Bodyweight Training, Street Workout, Calisthenics) is fresh way for you who has curiosity to look for some information given it relief your hunger details. Getting deeper you upon it getting knowledge more you know or else you who still having little bit of digest in reading this Calisthenics: The 20-Minute Dream Body with Bodyweight

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#### **Daniel Gordon:**

That guide can make you to feel relax. This particular book Calisthenics: The 20-Minute Dream Body with Bodyweight Exercises and Calisthenics (Bodyweight Training, Street Workout, Calisthenics) was bright colored and of course has pictures around. As we know that book Calisthenics: The 20-Minute Dream Body with Bodyweight Exercises and Calisthenics (Bodyweight Training, Street Workout, Calisthenics) has many kinds or genre. Start from kids until adolescents. For example Naruto or Private eye Conan you can read and feel that you are the character on there. So , not at all of book are generally make you bored, any it offers up you feel happy, fun and chill out. Try to choose the best book for you personally and try to like reading which.

#### **Mildred Lyons:**

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