

Training Resources
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You're encouraged to share any of the links and short URLs :)

PDF Books - free downloads folder: <http://tiny.cc/pdfbooks>

Calisthenics progressions PDF book: <http://tiny.cc/progressions>

Free PDF book with bodyweight training programs and tactics:
<http://tiny.cc/workoutpdf>

Individual calisthenics articles and more in PDF format: <http://tiny.cc/calisthenicspdf>

Odd object training - free downloads folder: <http://tiny.cc/oddoobjecttraining>

Free Calisthenics Video Downloads: <http://tiny.cc/trainingvideo>

Calisthenics progression video page: <http://tiny.cc/progressionvideo>

Bodyweight training video playlist: <http://tiny.cc/bodyweightvideos>

My own training video playlist: <http://tiny.cc/trainingplaylist>

Short URL to the training resources collection: <http://tiny.cc/trainingresources>

Nutrition collection: <https://plus.google.com/collection/Ig2bPB>

Training FAQ: <http://tiny.cc/trainingfaq>

To learn more about my calisthenics classes and pricing: <http://tiny.cc/personaltraining>

Please send questions or feedback: owen@strengthcalisthenics.com

My Google+ page, which I update regularly with more training resources:
<http://tiny.cc/strengthcalisthenics>

Facebook page: <https://www.facebook.com/strengthcalisthenics>

Calisthenics community: <http://tiny.cc/calisthenics>

More about my experience and qualifications: <http://www.owenjohnston.net>