



The Esquire Guide to Bodyweight Training: Calisthenics to Look and Feel Your Best from the Boardroom to the Bedroom

By Adam Schersten

Callisto Media Inc., United States, 2017. Paperback. Book Condition: New. 234 x 190 mm. Language: English . Brand New Book. For the fitness-focused man of the 21st century, innovative and effective bodyweight exercises to get strong and stay slim without expensive equipment. Are you ready to feel and look better than ever? Do you want to bypass the health club scene or mix up a boring bodyweight training routine? You already know that calisthenics develop a lean, muscular body and build strength by working all your muscle groups through your own body weight. No bench press. No dumbbells. But do you know all the benefits of bodyweight training? Whether you're new to bodyweight exercises or looking for a bigger challenge, personal trainer Adam Schersten motivates you to take off your shirt at the beach with confidence in Esquire Bodyweight Training. You'll get fit by following a variety of beginner bodyweight exercises before advancing to more challenging movements to develop an enviable, chiseled body. Adam's customizable calisthenics workouts, targeted bodyweight exercises, and emphasis on functional mobility will give you all you need to get in shape and stay in shape from strength training to conditioning to cardio for an effective full-body workout. Esquire Bodyweight...



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Reviews

The publication is fantastic and great. It really is basic but shocks from the 50 percent from the ebook. Its been written in a remarkably easy way in fact it is only soon after i finished reading this ebook in which really changed me, alter the way in my opinion.

-- **Jayme Kuhlman**

Very helpful for all type of individuals. It is amongst the most incredible ebook i have got study. I am just very easily could get a satisfaction of reading a composed publication.

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