



**AMAZING CALISTHENICS For
BODYBUILDING: HUNDREDS OF
BODYWEIGHT EXERCISES AND
BODYWEIGHT WORKOUTS TO BUILD a
BODY YOU HAVE ONLY EVER DREAMED OF**

Mariana Correa

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AMAZING CALISTHENICS FOR BODYBUILDING is a simple, effective and awesome way to work out your whole body. From legs, back and chest, to abs and arms, we've covered everything with body weight exercises and body weight workouts. Using no machinery, just your own bodyweight you will achieve an incredible physique, boost your metabolism and become an amazing bodybuilder. Calisthenics are currently the latest trend in fitness training and for obvious reasons: - Affordable: No need to spend on gyms or machinery - Convenient: You have the flexibility to train anywhere and anytime - Privacy: No crowds, and no one to interrupt your training - Guaranteed Results: Every exercise uses multiple muscle groups, gets your heart rate pumping and burns heaps of calories If your goal is to stay healthy and lean, training and the proper diet are essential to succeed. In this book you will find included 50 Paleo recipes designed to complement your workouts.

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