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# Calisthenics: The ultimate guide to calisthenics: How calisthenics :Body Weight Training ,Workout and Exercises Can Help You Build Lean Muscle and Stay Fit

*James cooper*

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## The Ultimate Guide To Calisthenics

Why Calisthenics ? And what is it ?

Calisthenics are a form of exercise that consists of a variety of gross motor movements, often rhythmical, generally without using equipment or apparatus. They are intended to increase body strength, body fitness and flexibility through movements such as bending, jumping, swinging, twisting or kicking, using only one's body weight for resistance. They are usually conducted in concert with stretches. When performed vigorously and with variety, calisthenics can provide benefits in the areas of muscular and cardiovascular fitness, in addition to improving psychomotor skills such as balance, agility and coordination.

To make it simple is body-weight training , where we using our proper body to execute movement to become stronger and become more muscular or fit .

It is a more "natural" way to exercise than lifting weights, you can exercise anywhere at anytime , and can help you become stronger and fit with a natural look.

In this book you will learn the basics of calisthenics, what do you need to start , and the different variations of each and everyone of the different exercise :

A number of push-up exercises and variations
A number of pull-up exercises and variations ( with tips for beginners )
A guide to learn the planche
A guide to learn handstand push-ups
A guide to learn Dragonfly the best way to improve your core strength
A detailed look at muscle-ups and their variations
A huge number of core exercises showing how to build colossal core strength
Leg training with exercise like squat as well as pistol squats
Detailed exercise with photos of each and everyone .
What you need as equipment to start.
Learn how to create your own programs with monthly goals

And much, much more…

Tags : bodyweight, bodyweight trainning , street workout ,bodyweight exercises , calisthenics , gym ,workout , Pushups , pullups , chinups , squat , workout routine , barstarzz ,calisthenics academy

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**Maryann Carson:**

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