



Calisthenics: Get The Body Of A Greek God Without Ever Leaving Your House; Calisthenics And Bodyweight Training

Macho Marcel

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Get The Body Of A Greek God Without Ever Leaving Your House

This Is More Than Just An Athletic Title. It's A Way To Live Life To The Fullest And Beyond As A Man

I used to be real skinny and real tall; 6'2 @ 155 lbs. The height is great, but it doesn't cope with a skinny body. I made a good basketball player but shit I looked like a walking Twix. So after months of searching for a way to get ripped without the sacrifices and commitments I found nothing out there. Through trial and error I created my own way and it's beyond great. Most of the time I workout twice a week for an hour only to maintain this body you see. I'm now 6'4 @ 185 lbs. I party occasionally, mostly eat what I want, and I'm below 10% body fat.

There Are No Sacrifices

You can have everything without losing anything. Athletics is a way to enhance your life and live a higher quality life. It's not a way to sacrifice a lot of things in return of looking great. The typical workout takes from 30 minutes to an hour, 4 times to a week. And to maintain your body you only need to workout twice a week!! You can eat whatever you want, you can go out whenever you want, you can party whenever you want, you don't have to give up anything!!

You Can Workout Anywhere And Everywhere

With calisthenics you can work out anywhere, anytime. You don't need a gym or any weights. You'll never be fat doing calisthenics because it's impossible. A fat person can't do calisthenics and someone who can do calisthenics can't be fat.

This Book Has Everything

0. Pictures of myself demonstrating every exercise
1. How to get the body of a Greek God without leaving your house
2. How calisthenics is superior to weight lifting
3. How to not depend on anything in life
4. How to get everything without sacrificing anything
5. How to eat whatever you want and still have a Greek God body
6. How to cope working out with your lifestyle
7. How to become a universal athlete and aesthetic athlete
8. How to get athletic abilities and aesthetics in your body
9. How to make athletics part of your life and not your life
10. How to live a life of choice
11. How to get crazy high testosterone levels like primitive humans
12. How to avoid decreasing your testosterone levels
13. How to develop a deep masculine voice
14. How to get comfortable with discomfort
15. How to maintain your Greek God body working out twice a week only
16. Full routine for beginners
17. Full routine for practitioners or the intermediate
18. Full routine for veterans

Testimonial

"This has been one of the best and worthwhile workouts I've accomplished in my entire life. Especially since I was able to workout anywhere and everywhere I wanted. I've improved my current daily workout routine to a "Veteran". This has enabled me to do a higher intensive workout training, that I was never able to do before. So far, the Calisthenics Book has been quite challenging, but certainly rewarding in terms of my body shape." - Pat Castellano

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From reader reviews:

Katherine Anderson:

Do you have favorite book? In case you have, what is your favorite's book? Book is very important thing for us to know everything in the world. Each book has different aim or even goal; it means that reserve has different type. Some people really feel enjoy to spend their the perfect time to read a book. They are really reading whatever they have because their hobby is definitely reading a book. Think about the person who don't like reading through a book? Sometime, man or woman feel need book once they found difficult problem or even exercise. Well, probably you'll have this Calisthenics: Get The Body Of A Greek God Without Ever Leaving Your House; Calisthenics And Bodyweight Training.

Marvin Boyer:

As people who live in the actual modest era should be change about what going on or data even knowledge to make these individuals keep up with the era and that is always change and advance. Some of you maybe may update themselves by examining books. It is a good choice for yourself but the problems coming to you actually is you don't know which one you should start with. This Calisthenics: Get The Body Of A Greek God Without Ever Leaving Your House; Calisthenics And Bodyweight Training is our recommendation to make you keep up with the world. Why, because this book serves what you want and wish in this era.

Kimberly Wheatley:

Calisthenics: Get The Body Of A Greek God Without Ever Leaving Your House; Calisthenics And Bodyweight Training can be one of your beginning books that are good idea. Most of us recommend that straight away because this e-book has good vocabulary that can increase your knowledge in language, easy to understand, bit entertaining but nonetheless delivering the information. The article author giving his/her effort to get every word into pleasure arrangement in writing Calisthenics: Get The Body Of A Greek God Without Ever Leaving Your House; Calisthenics And Bodyweight Training nevertheless doesn't forget the main place, giving the reader the hottest as well as based confirm resource details that maybe you can be certainly one of it. This great information may drawn you into fresh stage of crucial contemplating.

Lisa Lee:

Your reading sixth sense will not betray an individual, why because this Calisthenics: Get The Body Of A Greek God Without Ever Leaving Your House; Calisthenics And Bodyweight Training e-book written by well-known writer we are excited for well how to make book which can be understand by anyone who have read the book. Written within good manner for you, dripping every ideas and publishing skill only for eliminate your own personal hunger then you still skepticism Calisthenics: Get The Body Of A Greek God Without Ever Leaving Your House; Calisthenics And Bodyweight Training as good book not merely by the cover but also with the content. This is one reserve that can break don't determine book by its deal with, so do you still needing a different sixth sense to pick this specific!? Oh come on your looking at sixth sense

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