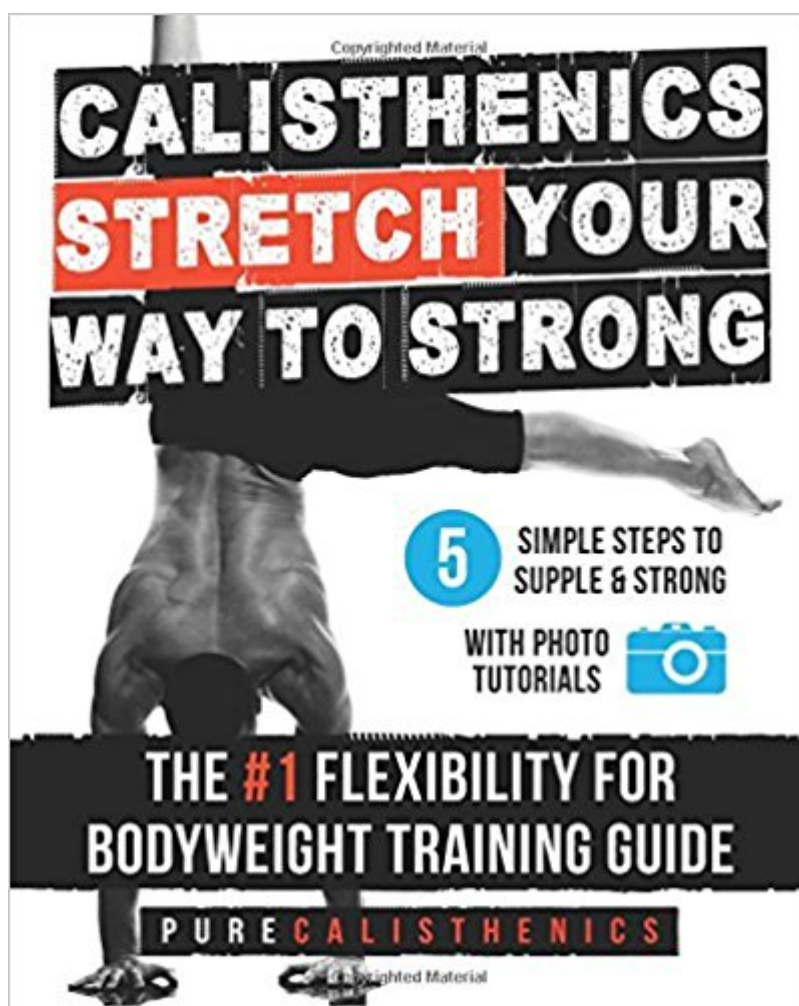


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Calisthenics: STRETCH Your Way To STRONG: The #1 Flexibility For Bodyweight Exercise Guide (The SUPERHUMAN Series)



Synopsis

Calisthenics: STRETCH Your Way to STRONG! On Sale + FREE Bonus Guide, Limited Time! You have a hidden weakness holding you back from achieving your calisthenics goals. Discover the secret formula to increasing muscle size and strength through superhuman flexibility and SMASH through your bodyweight training goals. Welcome to the world's most effective stretching system. This guide has been engineered to improve flexibility, increase range of motion and push your bodyweight exercise results through the roof! The #1 Flexibility for Bodyweight Training Guide This is the ONLY flexibility guide designed specifically to improve your gains when training calisthenics. Here's a sneak peak inside: Why you MUST become flexible to maximize your training How flexibility increases muscle and strength gains The science behind stretching 5-step formula for superhuman flexibility Photo tutorials and sample stretches Expert advice on sets, reps and form Nutrition advice to maximize your results How to build a stretching program Free –œ stretching mistakes –œ bonus guide Why Get Flexible? If you can't quite hold a certain position during exercise, if perfect form evades you, if those last few reps are tantalisingly out of reach, there's a simple reason why. That reason is range of motion. Tight muscles = short range of motion = weakness. So, greater flexibility brings better range of motion and with it greater strength building ability. Discover The Flexibility Formula of Elite Athletes This book divulges the secret flexibility formula of elite athletes and shows YOU how to replicate their success. Using 5 simple scientific techniques, you will see IMMEDIATE improvements in your flexibility and range of motion. Packed with AMAZING Extras When you purchase this book you will receive our flexibility bumper pack to help you on your journey. Here's what's included: BONUS #1 Avoid injury and maximize your results with our 'Top 10 Stretching Mistakes' bonus guide FREE with this book. BONUS #2 Get free and ongoing email support for your stretching and calisthenics training when you pick up this book today! Go SUPERHUMAN Now! There is simply no better way to build a superhuman body than a combination of stretching and calisthenics. What are you waiting for? Buy now and get it FAST. Tags: flexibility, stretching, flexible, supple, calisthenics, calisthenics for beginners, bodyweight exercises, calisthenics routines, calisthenics workout, calisthenics book, calisthenics exercises, stretching book, stretching guide

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Customer Reviews

Impressive! I would highly recommend this book to the people who are new to calisthenics. It's such a great book with helpful facts. You can learn many basic and advanced exercises pretty easily. I also like the fact that the book is written in a very simple language. I've no regrets purchasing this book. Really worth recommending!

I've been running track & lifting for years and always dealt with tight hamstrings and calves and really feel I learned some techniques to help cure them

This is a great book on flexibility. Before I started this book, I was constantly sore and could barely touch my toes with a fair amount of pain. Also, I was having trouble moving forward in my training. Now I am pain free and can stretch almost as far as I could in high school. Definitely recommend this to anyone who wants to improve flexibility, strength or both.

Well written and well organized, but the pictures were tiny and awkwardly clustered at the end of the chapters instead of being distributed in the text next to the description. Very helpful overall, I only reduced it by one star because of the photos.

Not much in pictures not enough info for stretching. Get the Anderson stretching book.
Disappointed.

I received this book for free in exchange for my review. This book is great because it has upper

body and lower body stretches. Very good, you can easily learn new stretches and they are simple and in detailed.

This is a great book on getting up to speed with your stretching. There are some very helpful tips in here, as well as points on how not to hurt yourself Whoopi attempting them. I will definitely be checking out the calisthenics books.

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