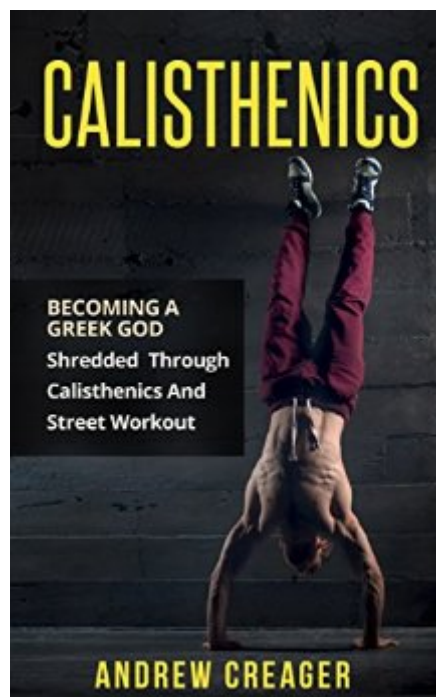


The book was found

# Calisthenics: Becoming A Greek God - Shredded Through Calisthenics And Street Workout (Bodyweight Training, Street Workout, Calisthenics)



## Synopsis

Get the Ripped Body of a Greek God You've Always Wanted through Bodyweight Training! When it comes to maintaining a healthy lifestyle, most of us are a bit lazy. It's time for us to start making positive changes to our physiques. There's no time like the present! READ FREE WITH KINDLE UNLIMITED

**Calisthenics: Become A Greek God – Shredded Through Calisthenics And Street Workout** can help you overcome the obstacles you'll face on the road to a better body. It describes the methods you can follow to change your body into something you're proud of. Whether you're trying to lose weight or gain muscle mass, this book gives you everything you need to know for bodyweight training success. With **Calisthenics: Become A Greek God – Shredded Through Calisthenics And Street Workout**, you can look better, gain strength, and add healthy energy to your life. You'll also learn about going to a gym, using proper form, taking supplements, and eating right! Here's an example of what you can learn from this book: "For many people, the area of their body that they want to get toned the fastest is their core. Everyone wants a six-pack or even a flat stomach for that matter. If you're looking for a tummy that is tight and straight, I've got another four exercises that are going to radically change your stomach and tighten up that core. Remember, core is important. It will influence everything you do and crunches and sit-ups are off limits from now on. They're a waste of time and these exercises will really make you work for it." Furthermore, **Calisthenics: Become A Greek God – Shredded Through Calisthenics And Street Workout** contains chapters devoted to each of the major muscle groups: Legs Core Chest Back Shoulders Arms

When you download **Calisthenics: Become A Greek God – Shredded Through Calisthenics And Street Workout**, you will understand what it is like to be a Modern Spartan, Greek God. Download Your Copy Right Now!

## Book Information

File Size: 2429 KB

Print Length: 188 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 22, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B014BXJC3M

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #163,206 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #3 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Racket Sports > Squash #4 in Kindle Store > Kindle eBooks > Sports & Outdoors > Racket Sports > Squash #17 in Kindle Store > Kindle eBooks > Medical eBooks > Basic Science > Genetics

## Customer Reviews

So to start off, I should definitely recommend this book to beginners and those, who want to start doing something for their health. The book covers anything you need to know from A to Z in order to start exercising. Author really goes in deep about being fit in order to start exercising (doing a physical before you start) and really makes sure that nothing happens that can be prevented. There are also some nifty routines and strategies included, as to what you should follow, when you start visiting gym. Habits you should build. Exercises included are understandable and accompanied by pictures (like half of them, anyway, the rest is just in a written form). Every muscle group you have, book mentions, with details as to what exercises should be done in this area and such. I found very little about back, though. There is also a chapter about diet and supplements, which will show you some basic guidelines to follow as well. I would take advice from here with a grain of salt, especially in the supplement area, as I cannot relate to everything written here. For example taking nitrix based supplement before sleeping. At least in my case, there would be no sleep if I took it. Book also suggests only two supplements. One being multi-vitamin, which is okay and fine and creatine, which is okay and fine as well, BUT. Book doesn't tell you anything about how you should take it. Creatine should only be taken in cycles, accompanied by certain workout program for the best results. Body will build up a resistance to it when taken everyday and its effect on the body will diminish over time. All in all, if we assume the book is targeted at beginners, it did a great job!

[Download to continue reading...](#)

Calisthenics: Becoming A Greek God - Shredded Through Calisthenics And Street Workout (Bodyweight Training, Street Workout, Calisthenics) Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines) Greek: Greek Recipes - The Very Best Greek Cookbook (Greek recipes, Greek cookbook, Greek cook book, Greek recipe, Greek recipe

book) Superhero Six-Pack: the Complete Bodyweight Training Program to Ripped Abs and a Powerful Core: (Calisthenics Exercises for Getting Shredded and Developing Extreme Core Strength) GREEK MYTHOLOGY: Greek Gods Of Ancient Greece And Other Greek Myths - Discovering Greek History & Mythology - 3rd Edition - With Pics (Greece, Greek, Egyptian ... Greek History, Mythology, Myths Book 1) Calisthenics: 80 Bodyweight Exercises See Results Faster Than Ever with the Definitive Guide to Bodyweight Training- 3rd Edition Bodyweight Training: Rapid Muscular Enhancement Using Bodyweight Only Training Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3) CROSS TRAINING: No BS Complete WOD Guide to: Lose Weight, Build Muscle, & Get Ripped (Strength Training, Exercise and Fitness, Bodyweight, Home Workout, Fat Loss Book 1) Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Complete Calisthenics: The Ultimate Guide To Bodyweight Exercise How to sculpt a Greek God Marble Chest with Push-ups (Bodyweight Bodybuilding Tips Book 1) Suspended Bodyweight Training: Workout Programs for Total-Body Fitness Strength Training Anatomy Workout II, The (The Strength Training Anatomy Workout) Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) The Pocket Oxford Greek Dictionary : Greek-English English-Greek

[Dmca](#)