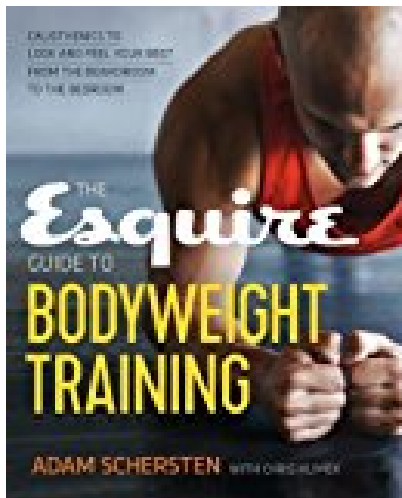


# The Esquire Guide to Bodyweight Training Calisthenics to Look and Feel Your Best from the Boardroom to the Bedroom

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## BOOK DETAILS

- Author : Adam Schersten
- Pages : 270 Pages
- Publisher : Rockridge Press
- Language : English
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## **BOOK SYNOPSIS**

For the fitness-focused man of the 21st century, innovative and effective bodyweight exercises to get strong and stay slim without expensive equipment. Are you ready to feel and look better than ever? Do you want to bypass the health club scene or mix up a boring bodyweight training routine? You already know that calisthenics develop a lean, muscular body and build strength by working all your muscle groups through your own body weight. No bench press. No dumbbells. But do you know all the benefits of bodyweight training? Whether you're new to bodyweight exercises or looking for a bigger challenge, personal trainer Adam Schersten motivates you to take off your shirt at the beach with confidence in *Esquire Bodyweight Training*. You'll get fit by following a variety of beginner bodyweight exercises before advancing to more challenging movements to develop an enviable, chiseled body. Adam's customizable calisthenics workouts, targeted bodyweight exercises, and emphasis on functional mobility will give you all you need to get in shape and stay in shape from strength training to conditioning to cardio for an effective full-body workout. *Esquire Bodyweight Training* preps you with: 75+ do-anywhere bodyweight exercises featuring detailed illustrations 3 progressive fitness programs to condition, strengthen, and chisel Nutritional info for staying fueled and fit from pre to post-workout Excerpts from *Esquire's What I've Learned* featuring celebrity quotes from Larry Bird, fitness guru Jack LaLanne, and more"

### **THE ESQUIRE GUIDE TO BODYWEIGHT TRAINING CALISTHENICS TO LOOK AND FEEL YOUR BEST FROM THE BOARDROOM TO THE BEDROOM**

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