



CALISTHENICS: Simple Bodyweight Exercises to Gain Strength, Size and Balance Without Going To The Gym (calisthenics, calisthenics women, calisthenics 2.0, ... how to build muscle, bodyweight)

Towdie Jones

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- **Find out the number one reason why Calisthenics is an easier form of workout than any other type of training**
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- **The 5 Benefits Of Calisthenics (it's not just about bigger muscles, find out about *neural adaptation*, improved breathing, mental awareness and more!**
- Joint Pain? Find out why Calisthenics is recommended for you
- The 5 *Side Reasons* For Practising Calisthenics (the 5 benefits you may not have thought of)
- **The Best Way To Warm Up (4 *Stretching workouts*)**
- *Continuous Sessions (how the right level of stress can lead to an **energy boost!***
- **Calisthenics For Beginners: The 5 Best Exercises For The Beginner**
- 15 Calisthenics Workouts For **Overall Conditioning**
- Learn how a Calisthenics routine helps with Total Wellness!

- **Detailed “How To” Guide To Classic Calisthenics Exercises such as Burpees, Mountain Climbers, Prisoner Squats, Supermans, Cobras and more!**
- Create Your Own Routine: 6 tips to creating a Calisthenics routine that is perfect for you and your goals
- **A Complete 28 Day Calisthenics Routine For Beginners** (if you don't want to create a routine, here is one for you!)
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Shawn Proctor:

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