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Calisthenics: 30 Minutes to Ripped - Get Your Dream Body Fast With Body Weight Exercises and Calisthenics (Calisthenics, Body Weight Training, Bodyweight Strength)

Cathy Harwell

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Are You Trying to Lose Fat, Build Muscle, and Get That Lean Toned Look You've Always Wanted? If So Then Calisthenics Is For You

When it comes to body weight training it can be very difficult to lose fat quickly while also building muscle. One of the worst things is when you really put an effort into working out only to realize that you didn't gain anything at all. Most people go round trying out different routines and focusing on just losing weight when in reality if you want a powerful and fully functional body you need to put an emphasis on gaining muscle, and the fat loss come as a result.

How Do Calisthenics Work?

Calisthenics exercises are some of the easiest and fastest ways to improve your overall health and physical fitness. Using only your body's weight and the natural movements it can get you into the best shape of your life. You might be wondering how you can learn *the best exercises, and the correct diet to compliment your workout that sculpt your body to perfection* this is where *30 Minutes To Ripped* comes in.

Within This Book You Will Find

✔ The 12 Most Effect Bodyweight Exercises

✔ Video Demonstrations For Each Exercise

✔ Why Losing Fat and Gaining Muscle Are Easy With Calisthenics

✔ Nutrition and Diet Facts to Kick Start Fat Loss

✔ The 21 Day Challenge

✔ Much, much more!

Take your fitness to the next level and download your copy today while it is still being offered at an introductory price!

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