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Explosive Calisthenics: Superhuman Power, Maximum Speed and Agility, Plus Combat-Ready Reflexes--Using Bodyweight-Only Methods

Paul Wade

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How to Lead, Survive and Dominate Physically—By Becoming “The Complete Package” As an Athlete…

Explosive Calisthenics is for those who want to be winners and survivors in the game of life—for those who want to be the Complete Package: powerful, explosive, strong, agile, quick and resilient. Traditional martial arts have always understood this necessity of training the complete package—with explosive power at an absolute premium. And resilience is revered: the joints, tendons, muscles, organs and nervous system are ALL conditioned for maximum challenge.

Really great athletes are invariably that way too: agile as all get-go, blinding speed, ungodly bursts of power, superhuman displays of strength, seemingly at will…

The foundation and fundamentals center, first, around the building of power and speed. But Explosive Calisthenics does a masterful job of elucidating the skill-practices needed to safely prepare for and master the more ambitious moves.

But Explosive Calisthenics doesn’t just inspire you with the dream of being the Complete Package. It gives you the complete blueprint, every detail and every progression you could possibly want and need to nail your dream and make it a reality. You, the Complete Package—it’s all laid out for you, step by step

“The first physical attribute we lose as we age is our ability to generate power. Close behind is the loss of skilled, coordinated movement. The fix is never to lose these abilities in the first place! Paul Wade’s Explosive Calisthenics is the best program for developing power and skilled movement I have seen. Just as with his previous two books, the progressions are masterful with no fancy equipment needed.

You don’t have to achieve a full back flip or kip up to get HUGE benefit from mastering the early progressions. It doesn’t matter if you are a 20-year old looking to push your power and agility to new heights or approaching middle age, trying to slow the hands of time. Do yourself a favor and get this amazing work. This book will be the gold standard for developing bodyweight power, skill, and agility.”—CHRIS HARDY, D.O. MPH, CSCS, author, Strong Medicine

Discover The Ultimate Course for Developing Yourself As a Supreme Physical Specimen…

With Explosive Calisthenics, Paul Wade challenges you to separate yourself from the herd of also-ran followers—to become a leader, survivor and winner in the physical game of life. But he doesn’t just challenge and inspire you. He gives you the direct means, the secrets, the science, the wisdom, the blueprints, the proven methods and the progressions—that make success inevitable, when you supply your end in consistent, diligent, skillful application.

Now a legendary international bestseller, Convict Conditioning can lay claim to be the Great Instigator when it comes to the resurgence of interest in bodyweight exercise mastery.

And—while Convict Conditioning 2 cemented Wade’s position as the preeminent authority on bodyweight exercise—there is no doubt that his magisterial new accomplishment, Explosive Calisthenics is going to blow the doors off, all over again.

What makes Explosive Calisthenics so exciting—and so profound in its implications?

See, it goes back to the laws of brute survival. It’s not “Only the strongest shall survive”. No, it’s more like: “Only the strongest, quickest, most agile, most powerful and most explosive shall survive.” To be a leader and dominator and survivor in the pack, you need to be the complete package...

Now—for those who have the balls and the will and the fortitude to take it on—comes the next stage:

Explosive Calisthenics. The chance not only to be strong and healthy but to ascend to the Complete Package. If you want it, then here it is…
“Explosive Calisthenics is an absolute Treasure Map for anybody looking to tear down their body's athletic limitations. The best part is? You can become an absolute Beast in under an hour of practice a week. Way to go, Paul! AROO!”—Joe Distefano, Spartan Ra

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From reader reviews:

John Richardson:

Now a day folks who Living in the era just where everything reachable by connect to the internet and the resources included can be true or not require people to be aware of each data they get. How people have to be smart in acquiring any information nowadays? Of course the reply is reading a book. Looking at a book can help individuals out of this uncertainty Information particularly this Explosive Calisthenics: Superhuman Power, Maximum Speed and Agility, Plus Combat-Ready Reflexes--Using Bodyweight-Only Methods book as this book offers you rich data and knowledge. Of course the information in this book hundred per-cent guarantees there is no doubt in it everbody knows.

Joni Griffith:

Precisely why? Because this Explosive Calisthenics: Superhuman Power, Maximum Speed and Agility, Plus Combat-Ready Reflexes--Using Bodyweight-Only Methods is an unordinary book that the inside of the book waiting for you to snap it but latter it will shock you with the secret the idea inside. Reading this book adjacent to it was fantastic author who all write the book in such amazing way makes the content interior easier to understand, entertaining method but still convey the meaning totally. So , it is good for you for not hesitating having this nowadays or you going to regret it. This phenomenal book will give you a lot of benefits than the other book include such as help improving your expertise and your critical thinking way. So , still want to hold off having that book? If I have been you I will go to the publication store hurriedly.

David Boggs:

This Explosive Calisthenics: Superhuman Power, Maximum Speed and Agility, Plus Combat-Ready Reflexes--Using Bodyweight-Only Methods is great book for you because the content which can be full of information for you who have always deal with world and have to make decision every minute. That book reveal it information accurately using great organize word or we can claim no rambling sentences within it. So if you are read it hurriedly you can have whole info in it. Doesn't mean it only provides straight forward sentences but tough core information with splendid delivering sentences. Having Explosive Calisthenics: Superhuman Power, Maximum Speed and Agility, Plus Combat-Ready Reflexes--Using Bodyweight-Only Methods in your hand like getting the world in your arm, information in it is not ridiculous 1. We can say that no publication that offer you world within ten or fifteen moment right but this guide already do that. So , this is good reading book. Hi Mr. and Mrs. busy do you still doubt that?

Gloria Pruitt:

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