



## Calisthenics: Calisthenics and Bulletproof Diet (Paperback)

By Scott Richmond

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This Book Includes 2 ManuscriptsCalisthenicsThe Simple-Six Body WorkoutWe have never had a better understanding of the importance of physical activity than we have today. Knowing we need to exercise and actually finding the time to get active, however, seem more difficult than ever before. When we drive down the street, it may appear that there is a gym on every corner, and a quick online search will find an amazing number of exercise programs out there, but perhaps, you do not want to commit to sharing your workout time with strangers or do not have time to complete that 60-minute training video. The need is greater than ever to find a simple system that travels anywhere you do, doesn't take a lot of time, and meets your health and wellness goals. That's where calisthenics comes in! Calisthenics, also known as Body Weight Training, has been the backbone of strength and conditioning workouts for more centuries than you can count on both hands. Whether it was ancient Chinese warriors, the Greek Spartans, or even your fourth-grade gym class, there probably...

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