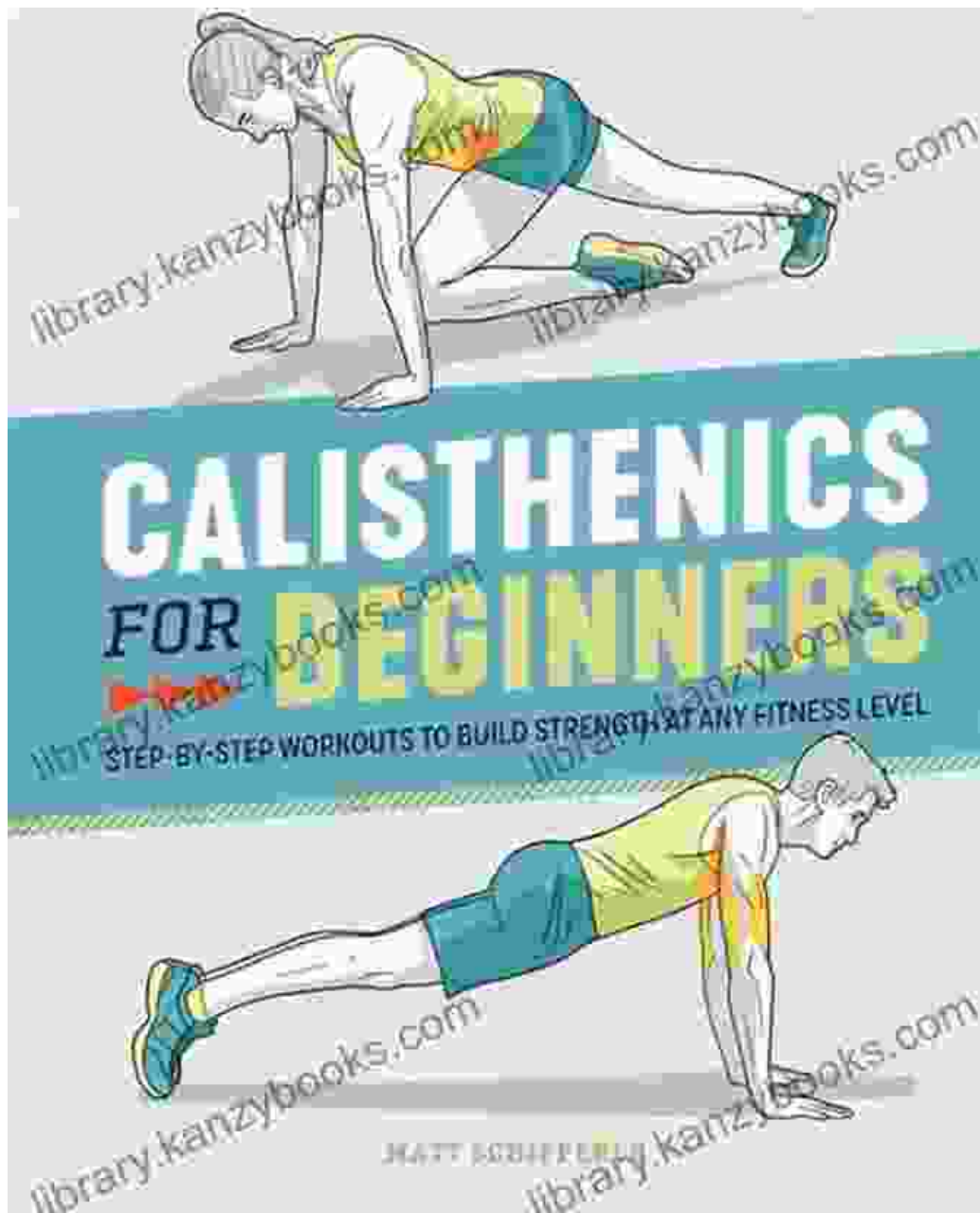


Calisthenics for Beginners: The Ultimate Guide to Getting Started



Summary of Matt Schifferle's Calisthenics for Beginners

★★★★★ 5 out of 5

Language : English



File size	: 1407 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 16 pages



Calisthenics is a form of bodyweight training that uses your own body weight as resistance. It's a great way to build strength, endurance, and flexibility, and it can be done anywhere, anytime. If you're new to calisthenics, Matt Schifferle's Calisthenics for Beginners is the perfect place to start.

This book provides a comprehensive overview of the basics of calisthenics, including exercises, progressions, and training plans. With over 100 exercises and progressions, Calisthenics for Beginners is perfect for anyone looking to get started with this challenging and rewarding form of exercise.

What's in the Book?

Calisthenics for Beginners covers everything you need to know to get started with calisthenics, including:

- The basics of calisthenics, including what it is, how it works, and why it's a great way to get in shape.
- Over 100 exercises, progressions, and training plans for all levels of fitness.

- Detailed instructions on how to perform each exercise correctly.
- Tips on how to progress to more difficult exercises.
- Sample training plans for beginners, intermediate, and advanced athletes.

Who is the Book For?

Calisthenics for Beginners is perfect for anyone who is new to calisthenics or who wants to improve their current calisthenics routine. It's also a great resource for personal trainers and fitness professionals who want to learn more about calisthenics.

About the Author

Matt Schifferle is a world-renowned calisthenics athlete and coach. He is the founder of the Calisthenics Academy, one of the world's leading calisthenics training facilities. Schifferle has also written several books on calisthenics, including Calisthenics for Beginners.

If you're looking to get started with calisthenics, Matt Schifferle's Calisthenics for Beginners is the perfect resource. This book provides a comprehensive overview of the basics of calisthenics, including exercises, progressions, and training plans. With over 100 exercises and progressions, Calisthenics for Beginners is perfect for anyone looking to get started with this challenging and rewarding form of exercise.

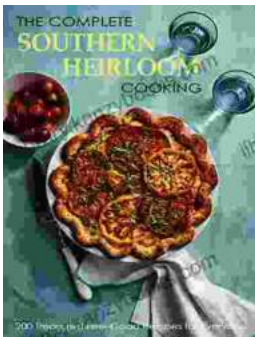
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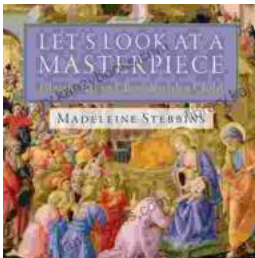


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