



The Esquire Guide to Bodyweight Training: Calisthenics to Look and Feel Your Best from the Boardroom to the Bedroom

Adam Schersten

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From the editors of *Esquire* magazine and top-tier personal trainer Adam Schersten comes the ultimate bodyweight training guide for the modern man.

Drop the dumbbells. Ditch the weights. Get in shape and stay in shape with this strength training roster of do-anywhere exercises and calisthenics programs. This is the portable personal trainer for the man on the move—no heavy machines or gym membership required. Adam Schersten's bodyweight exercises strengthen, chisel, and tone for a bodyweight training workout that any man can do, from the busy exec to the fitness fanatic looking for his next challenge.

Transform your body, with:

- 75 bodyweight exercises and over 175 detailed illustrations
- 3 progressive strength training programs (for 4-week, 8-week, and 12-week terms) to condition, strengthen, and chisel
- Nutritional info for getting fueled and fit—from pre to post-workout
- An intro to mobility training, the prerequisite to any effective calisthenics program

The program in *The Esquire Guide to Bodyweight Training* fits perfectly into any man's schedule for an effective full-body workout.

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Phyllis Force:

Information is provisions for anyone to get better life, information presently can get by anyone on everywhere. The information can be a knowledge or any news even a huge concern. What people must be consider any time those information which is within the former life are difficult to be find than now's taking seriously which one works to believe or which one the actual resource are convinced. If you get the unstable resource then you understand it as your main information it will have huge disadvantage for you. All those possibilities will not happen within you if you take The Esquire Guide to Bodyweight Training: Calisthenics to Look and Feel Your Best from the Boardroom to the Bedroom as your daily resource information.

Elisa Dumont:

This book untitled The Esquire Guide to Bodyweight Training: Calisthenics to Look and Feel Your Best from the Boardroom to the Bedroom to be one of several books that best seller in this year, this is because when you read this guide you can get a lot of benefit in it. You will easily to buy this book in the book retail store or you can order it by way of online. The publisher in this book sells the e-book too. It makes you more readily to read this book, because you can read this book in your Mobile phone. So there is no reason to you to past this e-book from your list.

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