



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

By Adam Schersten

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

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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Editorial Review

About the Author

Adam Schersten is a Manhattan-based certified, top-tier personal trainer. Adam's fitness advice has been featured in *Glamour*, *InStyle* and more. An expert in bodyweight training and functional movement, he is the cofounder of First Move Wellness, a corporate wellness consultancy that teaches healthy biomechanics to prevent everyday pain and injury. To learn more, visit firstmovewellness.com.

Chris Klimek is a Washington, DC-based writer and fitness instructor whose popular boxing classes attract busy professionals seeking full-body cardiovascular, strength, conditioning workouts.

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Tara Winston:

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