



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

By Adam Schersten

Download now

Read Online ➔

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.

 [Download The Esquire Guide to Bodyweight Training: Calisthe ...pdf](#)

 [Read Online The Esquire Guide to Bodyweight Training: Calist ...pdf](#)

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

By Adam Schersten

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.

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

- Sales Rank: #113214 in Books
- Brand: Rockridge Press
- Published on: 2016-03-22
- Released on: 2016-03-22
- Original language: English
- Number of items: 1
- Dimensions: 9.20" h x .70" w x 7.50" l, 1.00 pounds
- Binding: Paperback
- 270 pages



[Download The Esquire Guide to Bodyweight Training: Calisthe ...pdf](#)

 [Read Online The Esquire Guide to Bodyweight Training: Calist ...pdf](#)

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

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.

Users Review

From reader reviews:

Andrea Toliver:

Nowadays reading books are more than want or need but also get a life style. This reading behavior give you lot of advantages. The advantages you got of course the knowledge the particular information inside the book which improve your knowledge and information. The data you get based on what kind of guide you read, if you want send more knowledge just go with training books but if you want feel happy read one having theme for entertaining like comic or novel. Typically the The Esquire Guide to Bodyweight Training: Calisthenics to Look and Feel Your Best from the Boardroom to the Bedroom is kind of publication which is giving the reader unpredictable experience.

Kelly Gomes:

The book with title The Esquire Guide to Bodyweight Training: Calisthenics to Look and Feel Your Best from the Boardroom to the Bedroom contains a lot of information that you can find out it. You can get a lot of profit after read this book. That book exist new knowledge the information that exist in this publication represented the condition of the world today. That is important to yo7u to know how the improvement of the world. This kind of book will bring you with new era of the syndication. You can read the e-book with your smart phone, so you can read the item anywhere you want.

Joseph Esparza:

Reading can called imagination hangout, why? Because if you find yourself reading a book specifically book entitled The Esquire Guide to Bodyweight Training: Calisthenics to Look and Feel Your Best from the Boardroom to the Bedroom the mind will drift away trough every dimension, wandering in each and every aspect that maybe not known for but surely will end up your mind friends. Imaging each and every word

written in a book then become one type conclusion and explanation that will maybe you never get prior to. The The Esquire Guide to Bodyweight Training: Calisthenics to Look and Feel Your Best from the Boardroom to the Bedroom giving you another experience more than blown away your thoughts but also giving you useful information for your better life on this era. So now let us demonstrate the relaxing pattern here is your body and mind will likely be pleased when you are finished examining it, like winning a casino game. Do you want to try this extraordinary paying spare time activity?

Tara Winston:

You can get this The Esquire Guide to Bodyweight Training: Calisthenics to Look and Feel Your Best from the Boardroom to the Bedroom by browse the bookstore or Mall. Just viewing or reviewing it can to be your solve problem if you get difficulties for your knowledge. Kinds of this book are various. Not only by means of written or printed but in addition can you enjoy this book by e-book. In the modern era like now, you just looking from your mobile phone and searching what their problem. Right now, choose your own ways to get more information about your e-book. It is most important to arrange you to ultimately make your knowledge are still revise. Let's try to choose correct ways for you.

Download and Read Online The Esquire Guide to Bodyweight Training: Calisthenics to Look and Feel Your Best from the Boardroom to the Bedroom By Adam Schersten #RFZ8LIBDO6T

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

The Esquire Guide to Bodyweight Training: Calisthenics to Look and Feel Your Best from the Boardroom to the Bedroom By Adam Schersten Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Esquire Guide to Bodyweight Training: Calisthenics to Look and Feel Your Best from the Boardroom to the Bedroom By Adam Schersten books to read online.

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

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

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

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