



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:

Lois Reyna:

Reading a e-book tends to be new life style in this era globalization. With examining you can get a lot of information that will give you benefit in your life. Having book everyone in this world can certainly share their idea. Ebooks can also inspire a lot of people. A lot of author can inspire their reader with their story as well as their experience. Not only the story that share in the books. But also they write about the information about something that you need example of this. How to get the good score toefl, or how to teach your young ones, there are many kinds of book that you can get now. The authors nowadays always try to improve their proficiency in writing, they also doing some analysis before they write on their book. One of them is this The Esquire Guide to Bodyweight Training: Calisthenics to Look and Feel Your Best from the Boardroom to the Bedroom.

Anh Huckaby:

Many people spending their moment by playing outside using friends, fun activity using family or just watching TV all day every day. You can have new activity to pay your whole day by examining a book. Ugh, do you think reading a book really can hard because you have to accept the book everywhere? It ok you can have the e-book, taking everywhere you want in your Touch screen phone. Like The Esquire Guide to Bodyweight Training: Calisthenics to Look and Feel Your Best from the Boardroom to the Bedroom which is having the e-book version. So , why not try out this book? Let's see.

Elaine Harvey:

Don't be worry when you are afraid that this book will filled the space in your house, you might have it in e-book means, more simple and reachable. This specific The Esquire Guide to Bodyweight Training: Calisthenics to Look and Feel Your Best from the Boardroom to the Bedroom can give you a lot of good friends because by you checking out this one book you have point that they don't and make anyone more like

an interesting person. This specific book can be one of a step for you to get success. This book offer you information that maybe your friend doesn't recognize, by knowing more than different make you to be great folks. So , why hesitate? Let's have The Esquire Guide to Bodyweight Training: Calisthenics to Look and Feel Your Best from the Boardroom to the Bedroom.

Juli Gadberry:

A lot of publication has printed but it differs. You can get it by net on social media. You can choose the top book for you, science, comic, novel, or whatever through searching from it. It is referred to as of book The Esquire Guide to Bodyweight Training: Calisthenics to Look and Feel Your Best from the Boardroom to the Bedroom. You can include your knowledge by it. Without making the printed book, it may add your knowledge and make you happier to read. It is most crucial that, you must aware about book. It can bring you from one destination to other place.

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 #A417D93MCNX

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