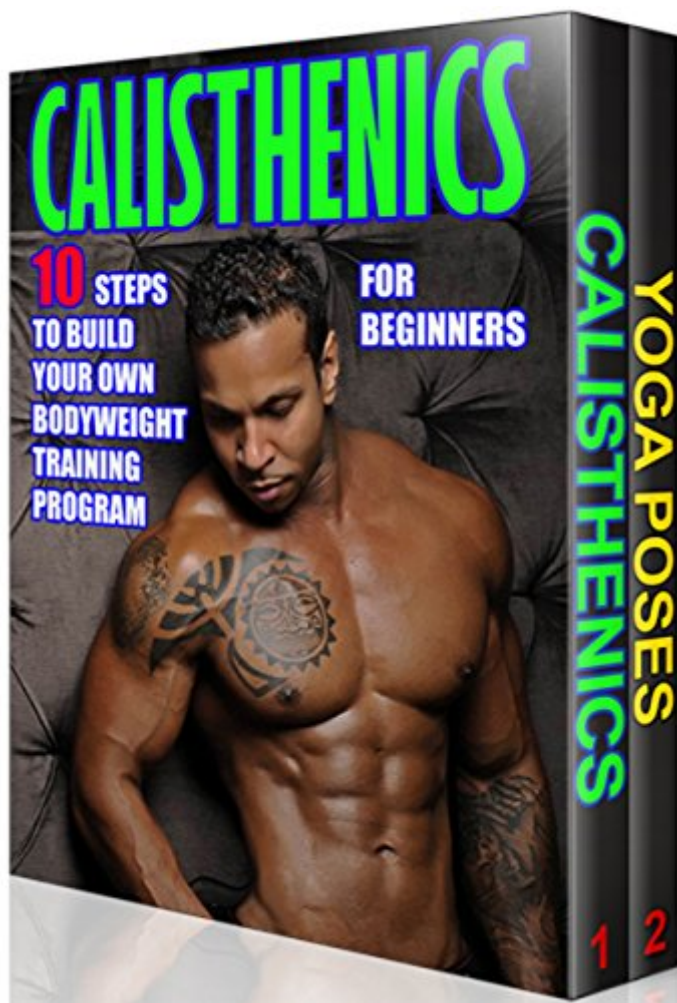


The book was found

Your Fitness Training 2-in-1: Yoga Poses And Calisthenics For Beginners



Synopsis

Have you ever heard anything about fitness junkies? Fitness junkie is a person who needs some dose of physical training on a regular basis. Obviously, this is not the worst type of addiction. After all, we all need to provide a certain level of physical activity for our general health. On the other hand, too many vigorous workouts could pose an obstacle on the way to your fitness goal. The balance between workout and recovery is a crucial factor in your long-term fitness success. This bundle of fitness books will show you both sides of the proper training system. The first book in the bundle is "Calisthenics for Beginners: 10 Steps to Build Your Own Bodyweight Training Program: Combine the Best Bodyweight Exercises in Ways that Allow You to get an Incredibly Effective Street Workout". You are the person who defines the goals and builds your own system of training. Changing with time your aims and priorities is a quite natural way of your physical development. You also could choose a set of skills which is a key factor in your favorite sport and work on it. Bodyweight exercise is an umbrella term for some disciplines that use gravity and inertia of body as a primary form of resistance. For instance, yoga and gymnastics are well known and very popular disciplines. The second book is "Yoga poses: the benefits of yoga practice according to sutras of Patanjali". Yoga is similar to the healthy nutrition. If you use it correctly in the optimal quantity, it will lead to unmatched physiological as well as psychological health. So this eventually reflects into your life, improving its overall quality. I like to think about yoga and calisthenics as of two halves of the whole workout-recovery system; they just like Yin and Yang of our health and fitness. Also, this book answers the questions like: How to get six packs? What are the benefits of yoga practice? How to start finally do pull-ups? What are the distinctive features of traditional or classical yoga practice? How to set SMART fitness goals? Is traditional yoga good for beginners? So, what are you waiting for? Scroll up and get your copy by clicking the BUY button!!!

Book Information

File Size: 1838 KB

Print Length: 80 pages

Publication Date: June 7, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B072QLMGTJ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #532,922 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #62

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Sports Health & Safety #100

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Customer Reviews

This book is easy on the eyes. That is, the photographs are all on glossy print, and the exercises are well illustrated. The author seems to know his stuff, and makes a great case for the value of body weight training. The writing style and content of the book is very good. I recommend this to everyone that is looking for fitness and exercise.

This book has great topics and I would surely share this with my friends who needs ideas on what exercise type to take on. The title itself is super motivating and I am very excited to start! I felt the book was quite interactive. Overall it was a good way to easily learn about the calisthenic workout.

Quick read! I appreciated the simple straight forward approach of this book. I would say to the author to proof read again as I came across some minor things. You'll know it when you see it. However, I think this book is excellent and am glad to have purchased it!

As a fan of yoga but also a beginner, I prefer yoga videos most of all. They certainly can't replace the real yoga trainer but at least you see everything in dynamics. But I also love to have something like this ebook that can be taken with me anywhere I go, since I travel quite a lot. The book provides not only descriptions of yoga poses but also illustrates all poses well. That was a good choice for me and the book did its job well.

I'm a beginner and was looking for poses that would help with different parts of my body. It's suppose to help my physical therapy. This book really informative, not only shows the pose but gives instruction on how to work up to it. Just what I needed!

i gave this book to my hubby who is all about building those muscles. He loved it! He kept reading it a whole night straight and next day he was all ready and motivated to begin his yoga. First time he tried it, he loves it, can't make him to stop!

I am loving this book and the results it brings. A true scientific approach that provides a wonderful and thorough understanding of how to achieve specific results. Tons of info. A little hard to get through if you're not interested in the whole aspect of body building. Recommended this book to all.

This book train you in a new way and angles that becomes to gain new skills about body fitness. This book gives us Calisthenics basic exercises and those are applicable on different body part like dips, push ups & leg exercises. I found pictures are also there & we can learn correct posture of the exercise with the help of this pictures. Your daily routine, schedule workouts and proper guidance is very necessary and yes, this book give you all. Few helpful charts are there, Simply recommend it to all...!

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