



Explosive Calisthenics: Superhuman Power, Maximum Speed and Agility, Plus Combat-Ready Reflexes--Using Bodyweight-Only Methods

Paul Wade

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How to Lead, Survive and Dominate Physically—By Becoming “The Complete Package” As an Athlete...

Explosive Calisthenics is for those who want to be winners and survivors in the game of life—for those who want to be the Complete Package: powerful, explosive, strong, agile, quick and resilient. Traditional martial arts have always understood this necessity of training the complete package—with explosive power at an absolute premium. And resilience is revered: the joints, tendons, muscles, organs and nervous system are ALL conditioned for maximum challenge.

Really great athletes are invariably that way too: agile as all get-go, blinding speed, ungodly bursts of power, superhuman displays of strength, seemingly at will...

The foundation and fundamentals center, first, around the building of power and speed. But Explosive Calisthenics does a masterful job of elucidating the skill-practices needed to safely prepare for and master the more ambitious moves.

But Explosive Calisthenics doesn't just inspire you with the dream of being the Complete Package. It gives you the complete blueprint, every detail and every progression you could possibly want and need to nail your dream and make it a reality. You, the Complete Package—it's all laid out for you, step by step

“The first physical attribute we lose as we age is our ability to generate power. Close behind is the loss of skilled, coordinated movement. The fix is never to lose these abilities in the first place! Paul Wade's

Explosive Calisthenics is the best program for developing power and skilled movement I have seen. Just as with his previous two books, the progressions are masterful with no fancy equipment needed.

You don't have to achieve a full back flip or kip up to get HUGE benefit from mastering the early progressions. It doesn't matter if you are a 20-year old looking to push your power and agility to new heights or approaching middle age, trying to slow the hands of time. Do yourself a favor and get this amazing work. This book will be the gold standard for developing bodyweight power, skill, and agility.”—CHRIS HARDY, D.O. MPH, CSCS, author, Strong Medicine

Discover The Ultimate Course for Developing Yourself As a Supreme Physical Specimen...

With Explosive Calisthenics, Paul Wade challenges you to separate yourself from the herd of also-ran followers—to become a leader, survivor and winner in the physical game of life. But he doesn't just challenge and inspire you. He gives you the direct means, the secrets, the science, the wisdom, the blueprints, the proven methods and the progressions—that make success inevitable, when you supply your end in consistent, diligent, skillful application.

Now a legendary international bestseller, *Convict Conditioning* can lay claim to be the Great Instigator when it comes to the resurgence of interest in bodyweight exercise mastery.

And—while *Convict Conditioning 2* cemented Wade's position as the preeminent authority on bodyweight exercise—there is no doubt that his magisterial new accomplishment, *Explosive Calisthenics* is going to blow the doors off, all over again.

What makes *Explosive Calisthenics* so exciting—and so profound in its implications?


See, it goes back to the laws of brute survival. It's not “Only the strongest shall survive”. No, it's more like: “Only the strongest, quickest, most agile, most powerful and most explosive shall survive.” To be a leader and dominator and survivor in the pack, you need to be the complete package...

Now—for those who have the balls and the will and the fortitude to take it on—comes the next stage:

Explosive Calisthenics. The chance not only to be strong and healthy but to ascend to the Complete Package. If you want it, then here it is...

“Explosive Calisthenics is an absolute Treasure Map for anybody looking to tear down their body's athletic limitations. The best part is? You can become an absolute Beast in under an hour of practice a week. Way to go, Paul! AROO!”—Joe Distefano, Spartan Ra

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From reader reviews:

Michael Chapman:

Have you spare time to get a day? What do you do when you have considerably more or little spare time? Yeah, you can choose the suitable activity regarding spend your time. Any person spent their spare time to take a stroll, shopping, or went to the actual Mall. How about open as well as read a book allowed Explosive Calisthenics: Superhuman Power, Maximum Speed and Agility, Plus Combat-Ready Reflexes--Using Bodyweight-Only Methods? Maybe it is being best activity for you. You already know beside you can spend your time along with your favorite's book, you can cleverer than before. Do you agree with it has the opinion or you have various other opinion?

Martin Elkins:

As people who live in the particular modest era should be change about what going on or information even knowledge to make these keep up with the era which can be always change and move ahead. Some of you maybe may update themselves by reading books. It is a good choice to suit your needs but the problems coming to you is you don't know what one you should start with. This Explosive Calisthenics: Superhuman Power, Maximum Speed and Agility, Plus Combat-Ready Reflexes--Using Bodyweight-Only Methods is our recommendation to cause you to keep up with the world. Why, because book serves what you want and want in this era.

Allen Yopp:

Reading a reserve tends to be new life style in this particular era globalization. With studying you can get a lot of information which will give you benefit in your life. Together with book everyone in this world may share their idea. Textbooks can also inspire a lot of people. A lot of author can inspire their particular reader with their story as well as their experience. Not only the storyplot that share in the publications. But also they write about the information about something that you need case in point. How to get the good score toefl, or how to teach your children, there are many kinds of book that exist now. The authors in this world always try to improve their talent in writing, they also doing some investigation before they write to their book. One of them is this Explosive Calisthenics: Superhuman Power, Maximum Speed and Agility, Plus Combat-Ready Reflexes--Using Bodyweight-Only Methods.

Thomas Busch:

The book untitled Explosive Calisthenics: Superhuman Power, Maximum Speed and Agility, Plus Combat-Ready Reflexes--Using Bodyweight-Only Methods contain a lot of information on the item. The writer explains your girlfriend idea with easy method. The language is very straightforward all the people, so do not really worry, you can easy to read the idea. The book was written by famous author. The author will take you in the new era of literary works. It is easy to read this book because you can continue reading your smart phone, or program, so you can read the book inside anywhere and anytime. If you want to buy the e-book,

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