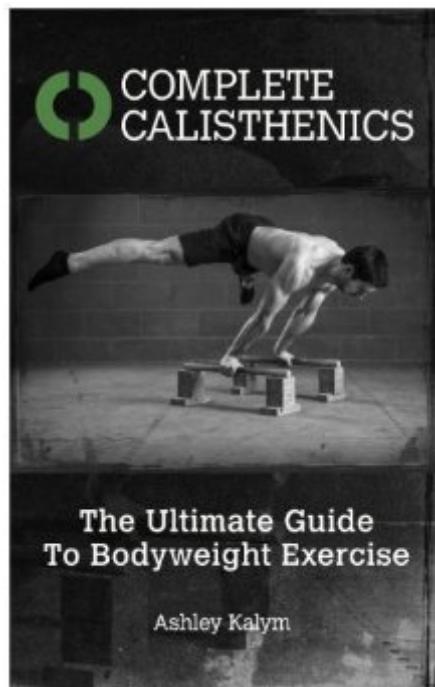


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# Complete Calisthenics: The Ultimate Guide To Bodyweight Exercise



## Synopsis

COMPLETE CALISTHENICS - The Ultimate Guide To Bodyweight Exercise

COMPLETE CALISTHENICS shows you how to build strength, power, athleticism, and astounding physical ability using only your bodyweight as the resistance. Relying on virtually no equipment, this book promises to be the most comprehensive and detailed bodyweight exercise manual on the market today. Learn how to perform many different types of push-up, pull-up, handstand, muscle-up, lever, core exercise, lower body exercise, and conditioning movement, and in the process develop the strongest and most capable physique ever.

An Abbreviated List Of Content Includes:

- A huge number of push-up exercises and variations
- A huge number of pull-up exercises and variations
- A complete guide to learning the planche
- A complete guide to learning the front lever, back lever, and human flag
- A complete guide to learning handstands and handstand push-ups
- A detailed look at muscle-ups and their variations
- A huge number of core exercises showing how to build colossal core strength
- Extensive leg training and conditioning section
- Detailed exercise descriptions and teaching points for every movement
- Over 600 photographs showing the exercises from every angle
- Nutritional advice and sample diets and plans
- Equipment guide
- Comprehensive training program section catering for every level of ability
- Learn how to create your own programs
- Large mobility, flexibility, and physical preparation section
- And much, much more!

**About The Author**

Ashley Kalym has been an active participant in physical training of all types since he was very young. Starting with Rugby when he was eight years old, he quickly progressed onto other disciplines, constantly searching for the next physical challenge. A stint training in the Royal Marines showed him the value of bodyweight exercise, and upon leaving the military he decided to pursue calisthenics and bodyweight training as far as it could be taken.

## Book Information

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## Customer Reviews

I consider this to be one of the top two or three books on bodyweight training. Not the most original, but it brings together progressions similar to Convict Conditioning (though using mostly different intermediate exercises), it combines both active CC-style exercises with some basic gymnastic static holds, like those found in Building the Gymnastic Body, into a comprehensive workout, and it goes into the use of neuromuscular tension as the real source of strength somewhat like Pavel's "Naked Warrior," but applied over a much wider range of movements. He also explains how straight-arm exercises can build loads of strength and size in the biceps, and both how to strengthen soft tissue and what signs to watch for to prevent soft tissue damage. Some things worth noting are first, this system is more oriented to intermediate to advanced trainees rather than beginners. It does give a few variants that are easier than the basic beginning point of the system, which is mostly "Step 5" exercises in Convict Conditioning progressions, but that beginning point and harder is the focus of the system. Second, there are no bridging movements. I can only speculate on the reasons for this, but likely it is either because Mr. Kalym believes they are unsafe for the spine (they are still controversial from Furey's Combat Conditioning and Wade's Convict Conditioning, where some criticize them as being bad for the soft tissue of the spine), or because he lacks shoulder flexibility to achieve full bridges, as some people seem to naturally lack the skeletal structure to achieve them. I suspect his gymnastic holds, such as the back lever, planche, and the human flag, substitute for training the erector spinae and related muscles.

I've been following the "Convict Conditioning" plan since 2012 with excellent results. But I've been trying to include more gymnastics style training into my routine (Planche, Levers, Human Flag, etc). I've searched on line for progressions for these with limited success. I was on and saw this book in the "People who purchased this also purchased these" section. I read the description and the

reviews and decided to give it a shot. I am VERY glad I did. This is exactly what I've been looking for. It has similar progression information to Convict Conditioning, but for more exercises. It covers Planche, Levers, and Human Flags along with many others. It gave great information about building strength in the scapula which will improve overall strength and stability. The book is well written with plenty of pictures showing how to complete each movement. The nutrition section is brief and basic, but I didn't purchase it for nutritional advice. I've only had the book for 2 days and I'm already incorporating new exercises described in the book into my routine. Thank you Ashley Kalm for the great book! I will post back in a year with my results. 10/7/2014 Update: I have begun to incorporate the static holds into my routine and I am already feeling a major difference in my upper body strength. The post workout (next day) muscle soreness feels different than when I am doing my standard repetition work. I am very much enjoying these new static hold exercises. 12/1/2015 Update: L-Sits, Planche, Front Levers & Back Levers have all been incorporated into my regular routine rotation. I now have a set of rings and I built a set of PVC pipe parallettes.

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