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Complete Calisthenics The Ultimate To

Complete Calisthenics is the most detailed and comprehensive bodyweight exercise manual available on the market today. It is for anyone; male or female, beginner or advanced who is interested in building complete strength and taking their workouts and themselves to the next level.

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Program creation to suit your needs. Complete Calisthenics is the most detailed and comprehensive bodyweight exercise manual available on the market today. It is for anyone; male or female, beginner or advanced who is interested in building complete strength and taking their workouts and themselves to the next level.

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