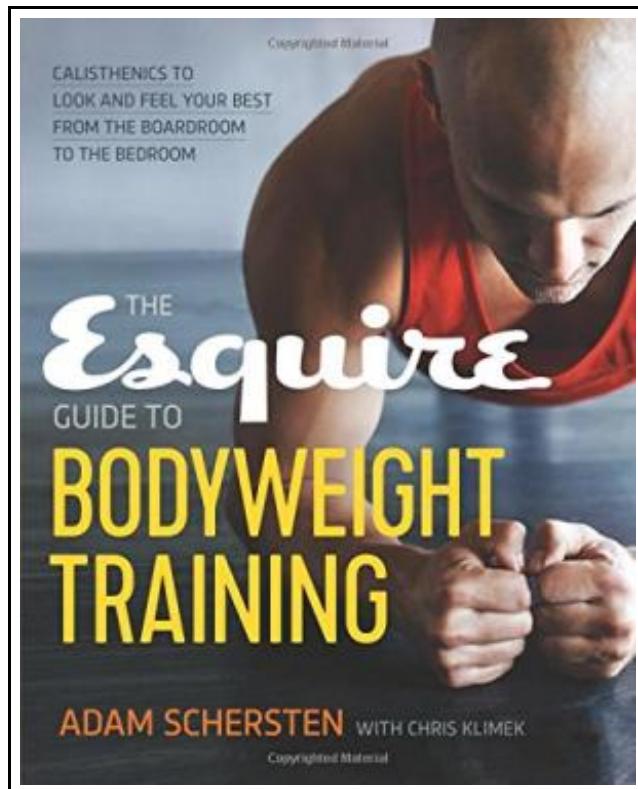


The Esquire Guide to Bodyweight Training: Calisthenics to Look and Feel Your Best from the Boardroom to the Bedroom



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Reviews

An exceptional publication as well as the font employed was exciting to see. it was actually written extremely flawlessly and helpful. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Dominic Collins)

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