



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

Adam Schersten

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From the editors of *Esquire* magazine and top-tier personal trainer Adam Schersten comes the ultimate bodyweight training guide for the modern man.

Drop the dumbbells. Ditch the weights. Get in shape and stay in shape with this strength training roster of do-anywhere exercises and calisthenics programs. This is the portable personal trainer for the man on the move?no heavy machines or gym membership required. Adam Schersten's bodyweight exercises strengthen, chisel, and tone for a bodyweight training workout that any man can do, from the busy exec to the fitness fanatic looking for his next challenge.

Transform your body, with:

- 75 bodyweight exercises and over 175 detailed illustrations
- 3 progressive strength training programs (for 4-week, 8-week, and 12-week terms) to condition, strengthen, and chisel
- Nutritional info for getting fueled and fit?from pre to post-workout
- An intro to mobility training, the prerequisite to any effective calisthenics program

The program in *The Esquire Guide to Bodyweight Training* fits perfectly into any man's schedule for an effective full-body workout.

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