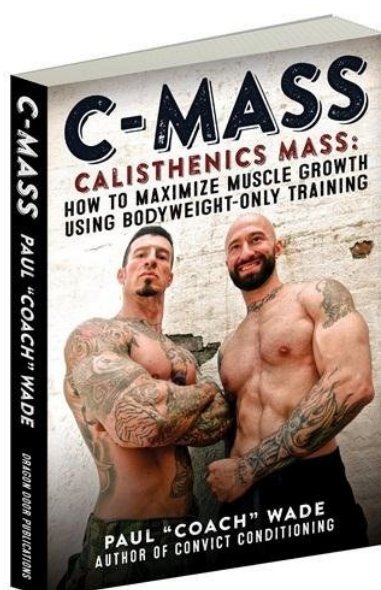
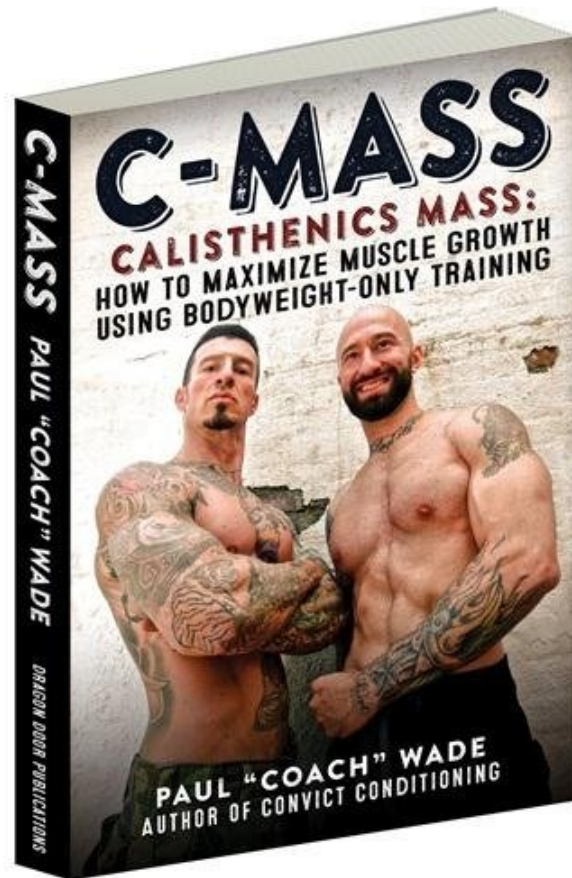


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C-MASS CALISTHENICS MASS: HOW TO MAXIMIZE MUSCLE GROWTH USING BODYWEIGHT-ONLY TRAINING

BY PAUL "COACH" WADE PDF

Is it really possible to add significant extra muscle-bulk to your frame using bodyweight exercise only? The answer, according to calisthenics guru and bestselling *Convict Conditioning* author Paul Wade, is a resounding Yes. Legendary strongmen and savvy modern bodyweight bodybuilders both, have added stacks of righteous beef to their physique--using just the secrets Paul Wade reveals in this bible-like guide to getting as strong AND as big as you could possibly want, using nothing but your own body. Paul Wade's trenchant, visceral style blazes with hard-won body culture insight, tactics, strategies and tips. C-Mass is the ultimate blueprint for getting huge naturally without free weights, machine supplements or--God forbid--steroids. With C-Mass, Paul Wade further cements his position as the preeminent modern authority on how to build extraordinary power and strength with bodyweight exercise only. CONTENTS: 1. Bodyweight Muscle? No Problem! 2. The Ten Commandments of Calisthenics Mass 3. "Coach" Wade's Bodypart Tactics 4. Okay. Now Gimme a Program 5. Troubleshooting Muscle-Growth: The FAQ 6. The Democratic Alternative...How To Get As Powerful As Possible Without Gaining A Pound 7. BONUS CHAPTER: Supercharging Your Hormonal Profile Get the expert's guide to build phenomenal amounts of natural muscle mass and discover how to: • Add 20-30+ pounds of solid muscle to your frame--with perfect proportions • Reshape your arms with 2-3 inches of gnarly beef • Triple the size of your pecs and lats • Thicken and harden your abdominal wall into a classic six-pack • Throw a thick, healthy vein onto your biceps • Generate hard, sculpted quads and hamstrings that would be the envy of an Olympic sprinter • Build true "diamond" calves • Stand head and shoulders above the next 99% of natural bodybuilders in looks, strength and power • Boost testosterone naturally to bull-like levels

- Sales Rank: #230812 in Books
- Published on: 2014
- Binding: Paperback
- 126 pages

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11 of 12 people found the following review helpful.

It provides so much info on a subject many of us would like to know

By ALH

I have the ebook version, but will definitely need to get the paperback copy soon. This interesting book from Paul Wade apparently started out as a couple of blog posts that just grew and grew into a life of their own. Being a big fan of Paul Wade's other books, *Convict Conditioning* and *Convict Conditioning Vol 2* I had to read this one too. It provides so much info on a subject many of us would like to know, but are not always wanting to ask--how to build actual muscle mass with calisthenics ALONG WITH strength. It's very trendy right now to say you are just focused on performance and nothing else, but the truth of the matter us, we human beings (myself very much included) want to know how we can improve our looks as well as our strength. In his usual style, Coach lays out the truth in his brutally honest, not-so-pc way that we've all come to love. This book is not for the easily offended... but it is for those who are serious about building muscle

using advanced calisthenics techniques.

9 of 9 people found the following review helpful.

Good, But Short

By Alex

Good book, but shorter than I thought. I guess it's more of a WAY to do all the other stuff that's mentioned in the other books than a guide to additional exercises, though.

5 of 6 people found the following review helpful.

Truly Excellent!

By Mr. Jordan Winsor

The best book on physical culture since *Convict Conditioning 2*. Coach Wade just blows it out of the water every time he writes a new book. I can't wait for *CC3*!

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