



50 Consecutive Pushups: Ultimate Calisthenics Challenge (Calisthenics Tribe) (Volume 1)

Jacob Eckhardt

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50 Consecutive Pushups: Ultimate Calisthenics Challenge

Become the 1%

Did you know that less than 1% of people are able to complete the feat of 50 consecutive pushups? It's time that you joined that group of select people! Calisthenics Tribe has now delivered you the means to get a sexy physique, have more energy, and give yourself an impressive strength base for some harder calisthenics or bodyweight exercises. The benefits you will achieve with this program include:

- Increased arm definition, a sculpted chest, and well-rounded shoulders.
- Stronger arms, core, chest, and shoulders that will make you the "strong one" in your group of friends.
- More energy and a more positive outlook on your day.
- An injection of self-confidence that everyone around you will notice.

This book contains:

- 6 levels you will progress through, each with a progressively harder calisthenics workout.
- Many variations of pushups adjusted for difficulty.
- Many assisting exercises that help build strength and size in the arms and shoulders.
- Beginner calisthenics and bodyweight exercises that require no gym and no equipment.
- 100% at-home workouts that only take 20 minutes to complete.

About Jake from Calisthenics Tribe

Having been certified by NASM as a personal trainer, Jake is an expert at taking complete beginners through the initial phases, something he believes is missing in most calisthenics and general exercise routines. Having worked with over 100 clients as a personal trainer, Jake has worked with many people who want to learn bodyweight exercises that they are able to practice at home while not in a personal training session. He is also the founder of Calisthenics Tribe and has been following strict exercise routines for 7 years. Whether you're a total beginner, or have a little bit of exercise experience under your belt, you will find what you need to become a calisthenics BEAST capable of popping out 50 consecutive pushups in a moment's notice.

Why This Program Is Different

This isn't a program that just tells you "do more pushups every week." That seems to be what everybody teaches, but there's a much better way to go about it. And, unlike other books, there's no fluff to inflate page

count. With text explanations, pictures, and videos, you will be taken through many progressions of the pushup that will impress your friends and bring you to the ultimate level of strength needed to achieve 50 consecutive pushups. You will also be pushing your limits each time to increase your endurance and your confident mentality. This book has more than just push-ups. It is designed to increase the strength of the muscles that are the main drivers for pushups. This means your chest will be worked from all angles, and your arms, which are the “pillars” holding you up, will be given strength and size you’ve never had before. You will also achieve those broad shoulders that fill out a shirt and make you look like a BEAST. You will be taken through 6 levels, each with a progressively harder workout. Each workout will only take you about 20 minutes—perfect for those who want to maximize their time without sacrificing results. Whether you can do 0 pushups or 30, this program is designed to help beginners and those a little more experienced make it to the end. This program can be done entirely at home, no gym required.

BONUSES

Inside the book you will find access to:

- FREE** diet plans that show totals for calories, protein, carbs, and fat.
- A **follow along** template of someone who would be doing this with you.
- The ability to ask a question and get a prompt response. If you’re tired of backing down and want to start building a head-turning, strong body while boosting your confidence to new levels, then this program is for you!

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