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"Explosive Calisthenics by Paul "Coach" Wade is a masterfully constructed roadmap for the attainment of power, functional speed, and agility. The book is extreme in that only a small percentage of the population would be able or willing to fully take the challenge, but at the same time, brilliant in that the path proceeds methodically and progressively from relatively simple to extremely advanced, allowing a discretionary endpoint for each individual.

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Calisthenics: The True Bodyweight Training Guide Your Body Deserves is the perfect introductory guide,

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