



# **C-Mass: Calisthenics Mass: How to Maximize Muscle Growth Using Bodyweight-Only Training**

*Paul Wade*

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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 your testosterone naturally to bull-like levels

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#### **Gerald Morin:**

The reason why? Because this C-Mass: Calisthenics Mass: How to Maximize Muscle Growth Using Bodyweight-Only Training is an unordinary book that the inside of the book waiting for you to snap the item but latter it will shock you with the secret that inside. Reading this book beside it was fantastic author who all write the book in such remarkable way makes the content within easier to understand, entertaining method but still convey the meaning totally. So , it is good for you because of not hesitating having this ever again or you going to regret it. This unique book will give you a lot of advantages than the other book have got such as help improving your talent and your critical thinking means. So , still want to hold up having that book? If I have been you I will go to the publication store hurriedly.

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C-Mass: Calisthenics Mass: How to Maximize Muscle Growth Using Bodyweight-Only Training can be one of your beginner books that are good idea. All of us recommend that straight away because this book has good vocabulary that may increase your knowledge in words, easy to understand, bit entertaining but still delivering the information. The copy writer giving his/her effort to get every word into pleasure arrangement in writing C-Mass: Calisthenics Mass: How to Maximize Muscle Growth Using Bodyweight-Only Training but doesn't forget the main level, giving the reader the hottest along with based confirm resource information that maybe you can be one of it. This great information can easily drawn you into brand new stage of crucial imagining.

#### **Bessie Scudder:**

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