

## Calisthenics Upper Body Blast 99 Bodyweight Exercises The 1 Chest Arms Shoulders Back Bodyweight Training The Superhuman Series

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In fact, we love upper body workouts so much that we've created a whole book featuring 99 of the best and most effective moves in the world. Our book 'Calisthenics: Upper Body Blast' is packed with powerful progressive bodyweight exercises for your chest, arms, shoulders and back.

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