



Explosive Calisthenics, Superhuman Power, Maximum Speed and Agility, Plus Combat-Ready Reflexes--Using Bodyweight-Only Methods

Paul Wade

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How to Lead, Survive and Dominate Physically-By Becoming "The Complete Package" As an Athlete...

Explosive Calisthenics is for those who want to be winners and survivors in the game of life-for those who want to be the Complete Package: powerful, explosive, strong, agile, quick and resilient. Traditional martial arts have always understood this necessity of training the complete package-with explosive power at an absolute premium. And resilience is revered: the joints, tendons, muscles, organs and nervous system are ALL conditioned for maximum challenge. Really great athletes are invariably that way too: agile as all get-go, blinding speed, ungodly bursts of power, superhuman displays of strength, seemingly at will... The foundation and fundamentals center, first, around the building of power and speed. But Explosive Calisthenics does a masterful job of elucidating the skill-practices needed to safely prepare for and master the more ambitious moves. But Explosive Calisthenics doesn't just inspire you with the dream of being the Complete Package. It gives you the complete blueprint, every detail and every progression you could possibly want and need to nail your dream and make it a reality. You, the Complete Package-it's all laid out for you, step by step "The first physical attribute we lose as we age is our ability to generate power. Close behind is the loss of skilled, coordinated movement. The fix is never to lose these abilities in the first place! Paul Wade's Explosive Calisthenics is the best program for developing power and skilled movement I have seen. It doesn't matter if you are a 20-year old looking to push your power and agility to new heights or approaching middle age, trying to slow the hands of time. Do yourself a favor and get this amazing work. This book will be the gold standard for developing bodyweight power, skill, and agility."-CHRIS HARDY, D.O. MPH, CSCS, author, Strong Medicine

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