

# CALISTHENICS FOR MEN GUIDE



The Ultimate Calisthenics Workout  
Transformation Guide for Explosive  
Muscle Gains and Incredible Strength

**BY DR RITA BROOKS**

# Guide To Explosive Muscle Gains

**Bret Contreras, Glen Cordoza**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

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