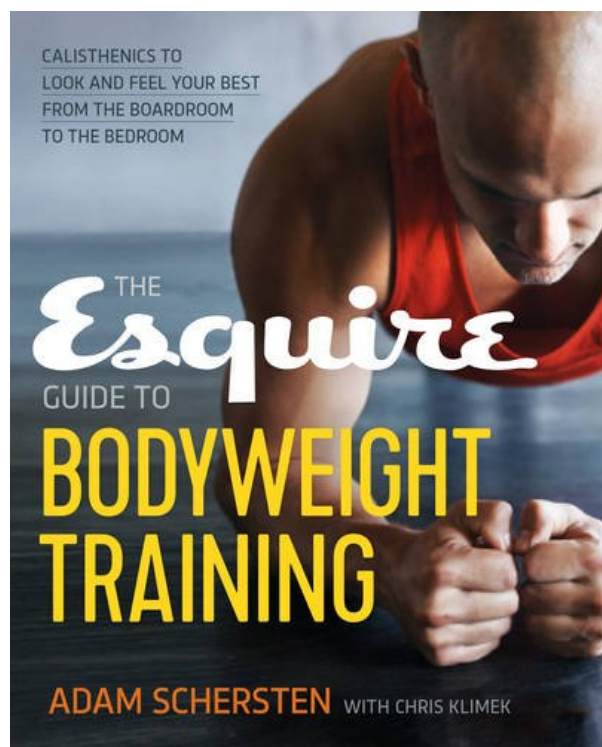
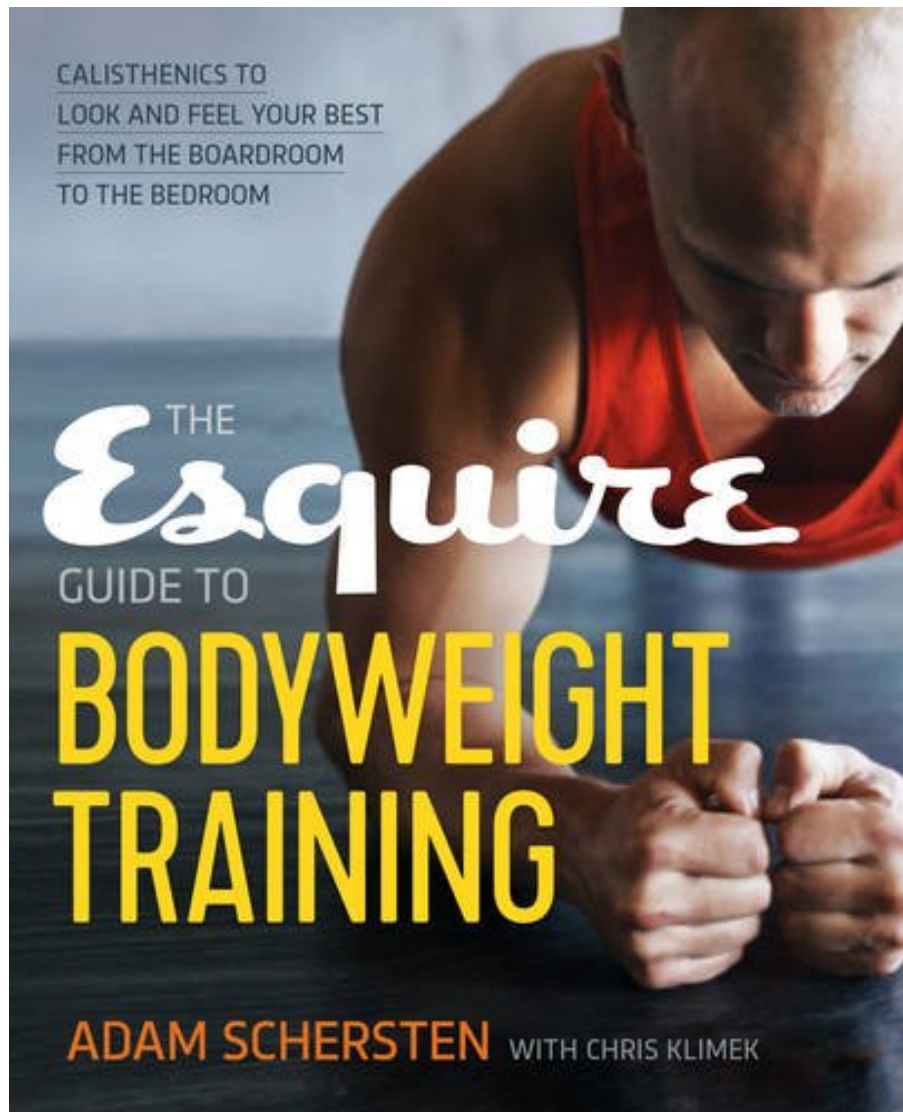


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Adam Schersten is a Manhattan-based certified, top-tier personal trainer. Adam's fitness advice has been featured in Glamour, InStyle and more. An expert in bodyweight training and functional movement, he is the cofounder of First Move Wellness, a corporate wellness consultancy that teaches healthy biomechanics to prevent everyday pain and injury. To learn more, visit firstmovewellness.com.

Chris Klimek is a Washington, DC-based writer and fitness instructor whose popular boxing classes attract busy professionals seeking full-body cardiovascular, strength, conditioning workouts.

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From the editors of Esquire magazine and top-tier personal trainer Adam Schersten comes the ultimate bodyweight training guide for the modern man.

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- An intro to mobility training, the prerequisite to any effective calisthenics program

The program in The Esquire Guide to Bodyweight Training fits perfectly into any man's schedule for an effective full-body workout.

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About the Author

Adam Schersten is a Manhattan-based certified, top-tier personal trainer. Adam's fitness advice has been featured in Glamour, InStyle and more. An expert in bodyweight training and functional movement, he is the cofounder of First Move Wellness, a corporate wellness consultancy that teaches healthy biomechanics to prevent everyday pain and injury. To learn more, visit firstmovewellness.com.

Chris Klimek is a Washington, DC-based writer and fitness instructor whose popular boxing classes attract busy professionals seeking full-body cardiovascular, strength, conditioning workouts.

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