

Chapter 1 : Paul Wade â€™ C-Mass Calisthenics Mass | PickUp-Date-Seduction Courses

Paul Wade's C-MASS is a "Weapon of Mass Construction" A laser guided missile that shoots down any and all voices of dissent, like, you can't build size and strength with bodyweight it's just for endurance or a warm-up for weights.

The Convict Conditioning Series alone is the spark that the entire exercise philosophy of the Red Delta Project was founded on. It has changed my entire approach to fitness both as a practitioner and a fitness professional. I shudder to think where I would be if I never came across Convict Conditioning. So with that said, know that my views on the latest title are about as biased as they get. Okay on with the review! One of the things I love about calisthenics is that it is an incredibly effective vehicle towards building and shaping the body. I even recorded a podcast showcasing some of the muscle building advantages calisthenics has over weights. Building muscle with push ups and pull ups requires a hell of a lot more than just some fancy set and rep routine. The first section of the book details the 10 commandments of building muscle through calisthenics. This list should be printed onto flyers and dropped from aircraft onto every major city. To put it simply, these are the rules of building muscleâ€™. If you want to build muscle, follow those rules or suffer the consequences. Unfortunately, many people discredit those rules. Some even base their muscle building plan on doing the very opposite of what these rules recommend. I myself have ignored or dismissed each of these rules many times throughout my youth. Lots of curls and typical body building methods? Unlike many writers who keep throwing in new tricks to keep the reader entertained Paul keeps to the basics. This is how you stick to the basics and make them work for you. Why stray from the most direct route to muscle Mecca? The programs in the book are solid and serve as great templates for training. The following chapter is kind of a muscle building troubleshooting guide. The second to last chapter might seem a little crazy to include in a book all about building muscle. Muscle comes from strength. If you want to build muscle you simply must become stronger in both mind and body. Your muscle is limited by your strength, not the other way around. The last chapter alone is worth the price of the book many times over. Paul pulls no punches here. Be ready for some true fatherly advice on how to optimize your muscle building hormones and how many modern day habits are wrecking your potential. I felt that this book had just as much, if not more, heart than the first two CC books. There is no fluff or filler. No sappy stories reiterating the same idea over and over. The rules apply regardless of what exercise method you enjoy. Get it, Read it, then read it again and again.

Chapter 2 : C-Mass Quotes by Paul Wade

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.

You can google and figure it out. He promises 20lb gains from bodyweight alone? Well, this is a half-truth. However, he is right in contrasting training for neural strength think Pavel Tsatsouline and training for muscle growth. I honestly learned a lot of new stuff. His dieting advice is mostly sound. Shucks, even drink a beer from time to time. A lot of the sciency principles are sound and he does a good job explaining why stuff works. As others have pointed out, the language is a problem. Further, while I am all for making fun of the "Be-liebers" and some of the slams towards the metrosexual Jersey shore community are funny, he overdoes. To start, for me, very motivating. Encourages you to rest and take care of yourself, often. Brings you examples of successful calisthenics people from the past to justify the given information. Some text Inspirational, definitely! Some text is questionable due to lack of referencing. Aug 05, Rodrigo vasquez rated it it was amazing Just great! Excellent book, simple and easy to follow advices, good examples, also nice workout examples. Probably the best in the dragondoor series! It is definitely inspirational, too. This is a motivational feel-good book with seriously interesting stuff to learn about bodyweight training. Given what prisoners achieve with a far from optimum diet and virtually no equipment, it is a wakeup call to the rest of us of what we really need. The information on the difference between training the nervous system and training the muscular system was very interesting. It also recommends including some plyometric work such as clapping push-ups which recruit more muscle fibres and trains the nervous system. Thanks coach, I love it all. This is a must buy if you are thinking about bodyweight fitness. And if you are shopping around looking for books on the subject, then look no further.

Chapter 3 : "C-Mass" (Book Review) | Breaking Muscle

Summary: The 'C' in C-Mass stands for Calisthenics and as the name suggests it provides an avenue for building muscle and strength even if the only means one has available are one's own bodyweight. It was written by a fellow by the name of Paul "Coach" Wade, a man who spent considerable time in California's penal system.

The number of calisthenic enthusiasts is on the rise, along with the number of great books, DVDs, and YouTube videos. Convict Conditioning Book Review The title comes from the words calisthenics and mass, and this book is almost entirely dedicated to those two things. Wade aims to answer a common question: About the Book C-Mass begins with a discussion on how building muscle with bodyweight training is possible. Wade points out the many famous athletes who could perform impressive calisthenic feats, but were not large by any means Bruce Lee is one example. Of course, as Wade discusses, there are numerous counterexamples. Gymnasts and old-time bodybuilders relied heavily or even exclusively on bodyweight maneuvers and yet still developed impressive physiques. There are many photos and descriptions throughout the book to illustrate that point. Just writing about it now makes me want to go exercise. He describes a series of exercises designed to focus on various parts of the body, including more unusual moves that develop the forearms, neck, and legs from top to bottom. The programs are basic, and often involve performing a group of moves at a given time, rather than one specific exercise. This approach keeps the workouts fresh and increases the resistance. After the programs, there is a question-and-answer portion to troubleshoot common objections and issues surrounding bodyweight exercise. Bonus Value There are a few more sections to add some bonus value to the content. The first one explains how to maximize traditional calisthenic programming to develop power without increasing size. In my opinion as a coach, his advice here is dead-on. The book closes with another bonus section of how to improve your anabolic hormones. This section includes dietary and lifestyle advice, along with exercise tips to help support your goals outside of your workouts. This advice is equal parts entertaining and interesting, and will benefit anyone on any program. There are a few downsides to the material. I found the information contained in the book to be heavy on the bro-science. The Misinterpretation of the Henneman Principle To give you an example, there is some discussion about the dangers of non-calisthenic lifting. To me, C-Mass is a lifting culture book, waxing philosophical about calisthenics and the nuances of achieving hard-fought goals, and I love that about it. My Recommendation I do love physical culture-style reads like this book.

Chapter 4 : Book Review: C-Mass by Paul Wade | Mboten

The number of calisthenic enthusiasts is on the rise, along with the number of great books, DVDs, and YouTube videos. I recently read the book C-Mass by Paul "Coach" Wade, who also wrote the popular Convict Conditioning series.

In what i should put more focus on- Nervous training or muscular training? It is very difficult for us to visit U. The book will answer your question much more thoroughly than I can in this comment. As for PCC, we are hoping to come to India eventually. Thanks for being patient! By dhairya - June 21, 1: Thanks By RobbyTaylor - June 22, 4: You should also try to do at least 6 reps a set for that purpose. By Theron - June 28, By Al Kavadlo - June 29, 6: I discuss this concept more in depth in my book Raising The Bar: I have been working out in a more weightlifting aspect, but have yet to do a proper chin up and struggle to get my mass up off the ground! By Al Kavadlo - July 8, 7: There are a lot of silly myths out there about bodyweight training but our only limitations are the ones we impose on ourselves.. Check out this article I wrote for more: Second off, I have a question regarding the book and programming my own routine. My goal is to build muscle, strength, and stay lean! From the reading, it recommended 2 sets per exercises of 10 reps. Seems like not enough volume, any thoughts would help! By Al Kavadlo - July 14, 7: This workout seems appropriate for a beginner but if you think you need to add more volume to your routine, then go for it!

Chapter 5 : No Weights, No Limits: An Interview With Paul Wade

This item: C-Mass Calisthenics Mass: How to Maximize Muscle Growth Using Bodyweight-Only Training by Paul "Coach" Wade Paperback \$ In Stock. Ships from and sold by Dragon Door Publications, Inc.

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 physiques 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. 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. Build phenomenal amounts of natural muscle mass and discover how to: Why reps are key when you want to build massive stacks of jacked up muscle. Want to turn from a twig into an oak tree? Use Simple, Compound Exercises! Why if you want to get swole you need to toss out complex, high-skill exercises. Why dynamic exercises are generally far better than static holds for massive muscle building. These are the very best dynamic exercises for bigger bang for your muscle buck. How to ratchet up the heat with THIS kick-ass strategy and sprout new muscle at an eye-popping rate. Focus on Progress and Utilize a Training Journal! Why so few wannabe athletes ever achieve a good level of strength and muscle let alone a great level and what it really takes to succeed. How to transform miniscule, incremental gains into long-range massive outcomes. Forget those expensive supplements! Why keeping a training log can be the missing key to success or failure in the muscle-gain biz. You Grow When You Rest. If you really wanted to improve on your last workout add that rep, tighten up your form how would you want to approach that workout? Why, if you are trying to pack on more muscle, eating junk now and again is not only okay, it can be positively anabolic. How is it that prison athletes seem to gain and maintain so much dense muscle, when guys on the outside who are taking supplements and working out in super-equipped gyms can rarely gain muscle at all? Train the Mind Along With the Body! Understanding the relationship between the nervous system and the muscular system and how to take full advantage of that relationship. Why the Gold Standard quad developer is squatting and why you absolutely need to master the Big Daddy, the one-legged squat How to perform the Shrimp Squat, a wonderful quad and glute builder, which is comparable to the one-leg squat in terms of body-challenge. Why bridging is a perfect exercise for strengthening the hamstrings. How to correctly work your hamstrings and activate your entire posterior chain. Why THIS workout of straight bridges and hill sprints could put muscle on a pencil. How to employ the little-known secret of the bridge curl to develop awesome strength and power in the your hammies. Why explosive work is essential for fully developed hamstrings and the best explosive exercise to make your own 3. But most bodybuilders never use it to build their biceps! Discover what you are missing out on and learn to do it right And then you can make dumbbell curls look like a redheaded stepchild with THIS superior bicep blower-upper Another great compound move for the biceps and forearms is rope climbing. As with all bodyweight, this can be performed progressively. Get the details here on why and how Despite what some trainers may ignorantly tell you, you can also perform bodyweight biceps isolation exercises such as the classic but-rarely-seen-in-gyms curl-up. Titanic Triceps Paul Wade has never met a gym-trained bodybuilder who understands how the triceps work. This stuff is gold pay attention. Farmer Forearms Paul Wade wrote the definitive mini-manual of calisthenics forearm and grip training in *Convict Conditioning 2*. Why crush-style grippers are a mistake and the better, safer alternative for a hand-pulping grip 6. This work should be a cornerstone of your training, no different from pullups or squats. Which movements to pick? Discover the best drills here And the single greatest exercise for scorching your abs in the most effective manner possible is THIS How to best train your obliques and lateral chain 7. Maximum Chest The roll call of classical bodyweight chest exercises is dynamic and impressive. Powerful, Healthy Shoulders All die-hard bodybuilders need to know is that the deltoids have three heads. How to make your lateral deltoids scream for mercy and thank you later when you ignore their pleas If you really want to build your rear delts, THIS

drill should be your number one exerciseâ€¦ THESE kinds of drills can result in shoulder injury, rotator cuff tears, frozen shoulder and chronic painâ€”what to stick with insteadâ€¦ THIS is a fantastic deltoid movement which will swell up those cannonballs fastâ€¦ Why old school hand balancing is so great for strength, size and coordination, while surprisingly easy on the shoulders, especially as you get a bit olderâ€¦ The number one go-to guy in the whole world for hand-balancing is THIS calisthenics masterâ€¦ 9. Then you may wish to add THIS to your upper-back routine. Wellâ€”THIS will blitz your rear delts, scapular muscles and the lower heads of the trapezius. Paul Wade demands that all his students begin their personal training with a brutal regime of THIS punishing drill. The single most effective bridge technique for building massive back muscleâ€¦ Why back levers performed THIS way are particularly effective in building huge spinal strength and thickness. Why inverse hyperextensions are a superb lower-back and spine exercise which requires zero equipment. The calves are naturally explosive muscles, and explosive bodyweight work is very good for calf-building. If you can train like this just once a week for a few months, you better get ready to outgrow your socksâ€¦ Total Neck and Traps Do bodybuilders even need to do neck work? HERE is an elite-level technique for developing the upper trapezius muscles between the neck and shoulders.. THIS is another wonderful exercise for the traps, developing them from all angles. By the time you can perform two sets of twenty deep, slow reps of THIS move, your traps will look like hardcore cans of beans. If you want more neck, and filling out your collar is something you want to explore, forget those decapitation machines in the gym, or those headache-inducing head straps. You need a different mindset. You need to train like a bodybuilder! Programs with different sessions for different bodyparts, with dozens of exercises? I understand that pull-ups and chin-ups are superior exercises for building muscle in the lats and biceps. Unfortunately I cannot yet perform pull-ups. Should I use assistance bands instead? Looking at gymnasts, I have no doubt that progressive calisthenics methods can build a huge upper body. But what about the legs? Coach, can you name the exercises that belong into an abbreviated routine for a total beginner? Which are the most essential without leaving gaps in my ability? Things like forearms, the calves, the neck? I have been told I need to use a weighted vest on my push-ups and pull-ups if I want to get stronger and gain muscle. Is bodyweight training suitable for women? I am very interested in gaining sizeâ€”not just muscle mass, but also height. Is it possible that calisthenics can increase my height? You have said that moving exercises are superior to isometrics when it comes to mass gain. I am interested in getting huge shoulders, but Convict Conditioning gives several static isometric exercises early on in the handstand pushup chain. Can you give me any moving exercises I can use instead, to work up to handstand pushups? I have heard that the teenage years are the ideal age for building muscle. Is there any point in trying to build muscle after the age of forty? I have had some knee problems in the past; any tips for keeping my knee joints healthy so I can build more leg mass? Building muscle is virtually impossible for me. What program should I be on? I read in several bodybuilding magazines that I need to eat protein every hours to have a hope in hell of growing. They also say that I need a huge amount of protein, like two grams per pound of bodyweight. The Democratic Alternativeâ€¦how to get as powerful as possible without gaining a pound There is a whole bunch of folks who either want or need massive strength and power, but without the attendant muscle bulk. Competitive athletes who compete in weight limits are one example; wrestlers, MMA athletes, boxers, etc. Females are another group who, as a rule, want to get stronger when they train, but without adding much or any size. Some men desire steely, whip-like power but see the sheer weight of mass as non-functionalâ€”many martial artists fall into this category; perhaps Bruce Lee was the archetype. But bodybuilders should also fall under this banner. All athletes who want to become as huge as possible need to spend some portion of their time focusing on pure strength. This is even truer once you get past a certain basic point. You want to build power like a Humvee, with the sleek lines of a classic Porsche? The following Ten Commandments have got you covered. Follow them, and we promise you cannot fail, even if you had trouble getting stronger in the past. It seems like many of the new generation of athletes want to be bullzelles! How pure strength training works, in a nutshellâ€¦ Why frequencyâ€”how often you trainâ€”is often so radically different for pure strength trainers and for bodybuildersâ€¦ Training recipe for the perfect bodybuilderâ€”and for the perfect strength trainerâ€¦ Why training for pure strength and training to master a skill are virtually identical methods. Bracing is both an art-form and a science. Learn old-school breath

control! When the old-time strongmen talked about strength, they rarely talked about muscle power—they typically focused on the integrity of the tendons. Focus on weak links! The nervous system—like most sophisticated biological systems—possesses different sets of gears. Apply Plyometric Patterns to Hack Neural Inhibition Why it is fatal for a bodyweight master to focus only on tension-generating techniques and what to do instead! How very fast movements can hugely increase your strength—the light bulb analogy. Master the power of the mind! Supercharging Your Hormonal Profile Why you should never, ever, ever take steroids to enhance your strength! Hormones and muscle growth Your hormones are what build your muscle.

Chapter 6 : Paul Wade | Breaking Muscle

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.

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 physiques 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. 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. Simply fill out the form below and put *C-Mass* eBook to work for you right now. Go ahead and try it today. Build phenomenal amounts of natural muscle mass and discover how to: Why reps are key when you want to build massive stacks of jacked up muscle. Want to turn from a twig into an oak tree? Use Simple, Compound Exercises! Why if you want to get swole you need to toss out complex, high-skill exercises. Why dynamic exercises are generally far better than static holds for massive muscle building. These are the very best dynamic exercises for bigger bang for your muscle buck. How to ratchet up the heat with THIS kick-ass strategy and sprout new muscle at an eye-popping rate. Focus on Progress and Utilize a Training Journal! Why so few wannabe athletes ever achieve a good level of strength and muscle let alone a great level and what it really takes to succeed. How to transform miniscule, incremental gains into long-range massive outcomes. Forget those expensive supplements! Why keeping a training log can be the missing key to success or failure in the muscle-gain biz. You Grow When You Rest. If you really wanted to improve on your last workout add that rep, tighten up your form how would you want to approach that workout? Quit Eating "Clean" the Whole Time! Why, if you are trying to pack on more muscle, eating junk now and again is not only okay, it can be positively anabolic. How is it that prison athletes seem to gain and maintain so much dense muscle, when guys on the outside who are taking supplements and working out in super-equipped gyms can rarely gain muscle at all? Train the Mind Along With the Body! Understanding the relationship between the nervous system and the muscular system and how to take full advantage of that relationship. Why the Gold Standard quad developer is squatting and why you absolutely need to master the Big Daddy, the one-legged squat! How to perform the Shrimp Squat, a wonderful quad and glute builder, which is comparable to the one-leg squat in terms of body-challenge. Why bridging is a perfect exercise for strengthening the hamstrings. How to correctly work your hamstrings and activate your entire posterior chain. Why THIS workout of straight bridges and hill sprints could put muscle on a pencil. How to employ the little-known secret of the bridge curl to develop awesome strength and power in the your hammies. Why explosive work is essential for fully developed hamstrings and the best explosive exercise to make your own! 3. But most bodybuilders never use it to build their biceps! Discover what you are missing out on and learn to do it right! And then you can make dumbbell curls look like a redheaded stepchild with THIS superior bicep blower-upper! Another great compound move for the biceps and forearms is rope climbing. As with all bodyweight, this can be performed progressively. Get the details here on why and how! Despite what some trainers may ignorantly tell you, you can also perform bodyweight biceps isolation exercises such as the classic but-rarely-seen-in-gyms curl-up. Titanic Triceps Paul Wade has never met a gym-trained bodybuilder who understands how the triceps work. This stuff is gold pay attention. Farmer Forearms Paul Wade wrote the definitive mini-manual of calisthenics forearm and grip training in *Convict Conditioning 2*. Why crush-style grippers are a mistake and the better, safer alternative for a hand-pulping grip! 6. This work should be a cornerstone of your training, no different from pullups or squats. Which movements to pick? Discover the best drills here! And the single greatest exercise for scorching your abs in the most effective manner possible is THIS! How to best train your obliques and lateral chain! The simplest and most effective way to train your transversus! 7. Maximum Chest The roll call of classical bodyweight chest exercises is dynamic and impressive. Powerful, Healthy Shoulders All die-hard bodybuilders need to know is that the deltoids have three heads. How to make your lateral deltoids

scream for mercy” and thank you later when you ignore their pleas. If you really want to build your rear delts, THIS drill should be your number one exercise. THESE kinds of drills can result in shoulder injury, rotator cuff tears, frozen shoulder and chronic pain—what to stick with instead. THIS is a fantastic deltoid movement which will swell up those cannonballs fast. Why old school hand balancing is so great for strength, size and coordination, while surprisingly easy on the shoulders, especially as you get a bit older. The number one go-to guy in the whole world for hand-balancing is THIS calisthenics master. 9. Then you may wish to add THIS to your upper-back routine. Well—THIS will blitz your rear delts, scapular muscles and the lower heads of the trapezius. These are the "detail" muscles of the back, so loved by bodybuilders when they grow and thicken, resembling serpents swirling around the shoulder-blades. Paul Wade demands that all his students begin their personal training with a brutal regime of THIS punishing drill. But you gotta be real powerful to survive the attempt. Many bodybuilders think only in terms of "low back" when working the spinal muscles, but this is a mistake: The single most effective bridge technique for building massive back muscle. Why back levers performed THIS way are particularly effective in building huge spinal strength and thickness. Why inverse hyperextensions are a superb lower-back and spine exercise which requires zero equipment. The calves are naturally explosive muscles, and explosive bodyweight work is very good for calf-building. If you can train like this just once a week for a few months, you better get ready to outgrow your socks. Total Neck and Traps Do bodybuilders even need to do neck work? HERE is an elite-level technique for developing the upper trapezius muscles between the neck and shoulders.. 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Commandments have got you covered. Follow them, and we promise you cannot fail, even if you had trouble getting stronger in the past. Your days of weakness are done, my friend! Enter the "Bullzelle" There are guys who train for pure mass and want to look like bulls, and guys who only train for athleticism without mass, and are more like gazelles. Al Kavadlo has been described as a "bullzelle"â€”someone who trains mainly for strength, and has some muscle too, but without looking like a bulked-up bodybuilder.

Chapter 7 : C-MASS (e-book) | Dragon Door

Now, C-MASS is the first book of this kind I've read so far. I must admit that, while Paul Wade's narrative style (if I may call it that) rather takes getting used to, the book is full of practical advice.

This is the last word in strength training. Weightlifters, bodybuilders and lovers of IRON will feel that their years of devotion and dedication are being mocked by a book that says: If an interest in calisthenic exercise brought you here then you ARE in the right place. January 1, Jacob Aitken This book is an "application" of the principles of his previous Convict Conditionings. You can google and figure it out. He promises 20lb gains from bodyweight alone? Well, this is a half-truth. However, he is right in contrasting training for neural strength think Pavel Tsatsouline and training for muscle growth. I honestly learned a lot of new stuff. His dieting advice is mostly sound. Shucks, even drink a beer from time to time. A lot of the sciency principles are sound and he does a good job explaining why stuff works. As others have pointed out, the language is a problem. Further, while I am all for making fun of the "Be-liebers" and some of the slams towards the metrosexual Jersey shore community are funny, he overdoes. January 1, Hendrik n Inspirational, definitely! To start, for me, very motivating. Encourages you to rest and take care of yourself, often. Brings you examples of successful calisthenics people from the past to justify the given information. Some text Inspirational, definitely! Some text is questionable due to lack of referencing. January 1, Rodrigo vasquez Just great! Excellent book, simple and easy to follow advices, good examples, also nice workout examples. Probably the best in the dragondoor series! It is definitely inspirational, too. This is a motivational feel-good book with seriously interesting stuff to learn about bodyweight training.

Chapter 8 : C-Mass - new ebook by "Paul Wade" - IGX "overflowing with foulmouthed ignorance."

Paul Wade's C-Mass is the bible for how to build muscle through calisthenics training. It focuses on 10 commandments which I go over here with a few of my own insights. Category.

With eight detailed workouts designed to teach you moves such as the pistol squat, one arm push up, one arm pull up, human flag and the crab. There is also extra movements for you to build upon and incorporate into your routines after you have completed the manual. The exercises here include the front lever, reverse lever, planche and the shrimp squat. This book does a lot more than just show you some exercises however, with detailed topics such as training philosophy, what Jamie, the authors is and how you can develop your own. He also talks about lifestyle under three aspects, exercise, nutrition and sleep and how important all three are together in order to achieve your goals. Goal setting is also covered in the book and why it is such an important part of your training. The book contains all you need in order to become a successful bodyweight athlete. Realise your own amazing potential and pick up your copy today! How to Maximize Muscle Growth Using Bodyweight-Only Training 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. 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. The Ten Commandments of Calisthenics Mass 3. Now Gimme a Program 5. No need for a gym. This book has programs for the beginners, intermediate, and advanced. For guys and girls. For the young and the old. A September best seller! Calisthenics exercises for beginners, intermediate, and advanced, how many sets and reps to do, how often to work out, it is all in the book. The book is short, simple, and straight to the point. It has an introduction to calisthenics, why calisthenics will get you an athletic body in 90 days, and 3 programs in full detail. Buy now and get an athletic body in 90 days from the comfort of your own home! With this book IT IS! Not only will you find detailed workout and nutritional guidelines, you will find answers to all of the following questions and more! The best food choices to make. You can have your Dream Body in only 20 Minutes a day! All you need is a step-by-step guide that walks you through the process. Elite trainer and fitness guru Mark Lauren is here to show you that the best--and only--equipment you need to get in shape is free and always accessible: This quick and easy program will save you time, money, and maybe your life. And with such a small time commitment--less than one percent of your time every week! With Mark Lauren as your motivational guide and nutritional coach, Body by You will help you meet your individual fitness goals. You Are Your Own Gym: The Bible of Bodyweight Exercises From an elite Special Operations physical trainer, an ingeniously simple, rapid-results, do-anywhere program for getting into amazing shape. As the demand for Special Operations military forces has grown over the last decade, elite trainer Mark Lauren has been at the front lines of preparing nearly one thousand soldiers, getting them lean and strong in record time. Now, for regular Joes and Janes, he shares the secret to his amazingly effective regimen--simple exercises that require nothing more than the resistance of your own bodyweight to help you reach the pinnacle of fitness and look better than ever before. Choose your workout level--Basic, 1st Class, Master Class, and Chief Class--and get started, following the clear instructions for exercises that work every muscle from your neck to your ankles. Forget about gym memberships, free weights, and infomercial contraptions. Bodyweight Strength Training Anatomy Increase strength, build mass, burn fat, and define your muscles. With full-color anatomical illustrations, step-by-step instructions, and training advice, Bodyweight Strength Training Anatomy is the authoritative resource for sculpting your physique without free weights, machines, or expensive equipment. Targeting all muscle zones and primary muscle regions--arms, chest, shoulders, back, core, thighs, glutes, and calves--Bodyweight Strength Training Anatomy presents of the most effective

bodyweight exercises that can be performed anytime, anywhere.

Chapter 9 : Review of Paul Wade's C-Mass - The Red Delta Project

This week our essay from featured coach Paul Wade discusses the lost art of bodyweight training and the true strength that can be built on a simple program of progressive calisthenics. Strength & Conditioning - Paul Wade: Week 1, Day 4.

The answer, according to calisthenics guru and bestselling calisthenics book, *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 physiques—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. 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. Simply fill out the form below and put *C-Mass* paperback to work for you right now. Go ahead and try it today. Build phenomenal amounts of natural muscle mass and discover how to: Why reps are key when you want to build massive stacks of jacked up muscle. Want to turn from a twig into an oak tree? Use Simple, Compound Exercises! Why—if you want to get swole—you need to toss out complex, high-skill exercises. Why dynamic exercises are generally far better than static holds for massive muscle building. These are the very best dynamic exercises—for bigger bang for your muscle buck. How to ratchet up the heat with THIS kick-ass strategy and sprout new muscle at an eye-popping rate. Focus on Progress—and Utilize a Training Journal! Why so few wannabe athletes ever achieve a good level of strength and muscle—let alone a great level—and what it really takes to succeed. How to transform miniscule, incremental gains into long-range massive outcomes. Forget those expensive supplements! Why keeping a training log can be the missing key to success or failure in the muscle-gain biz. You Grow When You Rest. If you really wanted to improve on your last workout—add that rep, tighten up your form—how would you want to approach that workout? Quit Eating "Clean" the Whole Time! Why, if you are trying to pack on more muscle, eating junk now and again is not only okay, it can be positively anabolic. How is it that prison athletes seem to gain and maintain so much dense muscle, when guys on the outside—who are taking supplements and working out in super-equipped gyms—can rarely gain muscle at all? Train the Mind Along With the Body! Understanding the relationship between the nervous system and the muscular system—and how to take full advantage of that relationship. Why the Gold Standard quad developer is squatting—and why you absolutely need to master the Big Daddy, the one-legged squat! How to perform the Shrimp Squat, a wonderful quad and glute builder, which is comparable to the one-leg squat in terms of body-challenge. Why bridging is a perfect exercise for strengthening the hamstrings. How to correctly work your hamstrings and activate your entire posterior chain. Why THIS workout of straight bridges and hill sprints could put muscle on a pencil. How to employ the little-known secret of the bridge curl to develop awesome strength and power in the your hammies. Why explosive work is essential for fully developed hamstrings—and the best explosive exercise to make your own! 3. But most bodybuilders never use it to build their biceps! Discover what you are missing out on and learn to do it right! And then you can make dumbbell curls look like a redheaded stepchild with THIS superior bicep blower-upper! Another great compound move for the biceps and forearms is rope climbing. As with all bodyweight, this can be performed progressively. Get the details here on why and how! Despite what some trainers may ignorantly tell you, you can also perform bodyweight biceps isolation exercises—such as the classic but-rarely-seen-in-gyms curl-up. Titanic Triceps Paul Wade has never met a gym-trained bodybuilder who understands how the triceps work. This stuff is gold—pay attention. Farmer Forearms Paul Wade wrote the calisthenics book, definitive mini-manual of calisthenics forearm and grip training in *Convict Conditioning 2*. Why crush-style grippers are a mistake and the better, safer alternative for a hand-pulping grip! 6. This work should be a cornerstone of your training, no different from pullups or squats. Which movements to pick? Discover the best drills here! And the single greatest exercise for scorching your abs in the most effective manner possible is THIS! How to best train your obliques and lateral chain! The simplest and most effective way to train your transversus! 7. Maximum Chest The roll call of classical bodyweight chest exercises is dynamic and impressive. Powerful, Healthy Shoulders All die-hard bodybuilders need to know is that the deltoids have

three heads. How to make your lateral deltoids scream for mercy and thank you later when you ignore their pleas? If you really want to build your rear delts, THIS drill should be your number one exercise. THESE kinds of drills can result in shoulder injury, rotator cuff tears, frozen shoulder and chronic pain what to stick with instead? THIS is a fantastic deltoid movement which will swell up those cannonballs fast. Why old school hand balancing is so great for strength, size and coordination, while surprisingly easy on the shoulders, especially as you get a bit older. The number one go-to guy in the whole world for hand-balancing is THIS calisthenics master. 9. Then you may wish to add THIS to your upper-back routine. Well THIS will blitz your rear delts, scapular muscles and the lower heads of the trapezius. These are the "detail" muscles of the back, so loved by bodybuilders when they grow and thicken, resembling serpents swirling around the shoulder-blades. Paul Wade demands that all his students begin their personal training with a brutal regime of THIS punishing drill. But you gotta be real powerful to survive the attempt Many bodybuilders think only in terms of "low back" when working the spinal muscles, but this is a mistake: The single most effective bridge technique for building massive back muscle. Why back levers performed THIS way are particularly effective in building huge spinal strength and thickness. Why inverse hyperextensions are a superb lower-back and spine exercise which requires zero equipment. The calves are naturally explosive muscles, and explosive bodyweight work is very good for calf-building. If you can train like this just once a week for a few months, you better get ready to outgrow your socks. Total Neck and Traps Do bodybuilders even need to do neck work? HERE is an elite-level technique for developing the upper trapezius muscles between the neck and shoulders.. THIS is another wonderful exercise for the traps, developing them from all angles. By the time you can perform two sets of twenty deep, slow reps of THIS move, your traps will look like hardcore cans of beans. If you want more neck, and filling out your collar is something you want to explore, forget those decapitation machines in the gym, or those headache-inducing head straps. You need a different mindset. You need to train like a bodybuilder! Programs with different sessions for different bodyparts, with dozens of exercises? I understand that pull-ups and chin-ups are superior exercises for building muscle in the lats and biceps. Unfortunately I cannot yet perform pull-ups. Should I use assistance bands instead? Looking at gymnasts, I have no doubt that progressive calisthenics methods can build a huge upper body. But what about the legs? Coach, can you name the exercises that belong into an abbreviated routine for a total beginner? Which are the most essential without leaving gaps in my ability? Things like forearms, the calves, the neck? I have been told I need to use a weighted vest on my push-ups and pull-ups if I want to get stronger and gain muscle. Is bodyweight training suitable for women? Do you know of any women who achieved the "Master Steps" laid out in Convict Conditioning? I am very interested in gaining size not just muscle mass, but also height. Is it possible that calisthenics can increase my height? You have said that moving exercises are superior to isometrics when it comes to mass gain. I am interested in getting huge shoulders, but Convict Conditioning gives several static isometric exercises early on in the handstand pushup chain. Can you give me any moving exercises I can use instead, to work up to handstand pushups? I have heard that the teenage years are the ideal age for building muscle. Is there any point in trying to build muscle after the age of forty? I have had some knee problems in the past; any tips for keeping my knee joints healthy so I can build more leg mass? Building muscle is virtually impossible for me. What program should I be on? I read in several bodybuilding magazines that I need to eat protein every hours to have a hope in hell of growing. They also say that I need a huge amount of protein, like two grams per pound of bodyweight. I have heard that whey is the "perfect" food for building muscle. The Democratic Alternative how to get as powerful as possible without gaining a pound There is a whole bunch of folks who either want or need massive strength and power, but without the attendant muscle bulk. Competitive athletes who compete in weight limits are one example; wrestlers, MMA athletes, boxers, etc. Females are another group who, as a rule, want to get stronger when they train, but without adding much or any size. Some men desire steely, whip-like power but see the sheer weight of mass as non-functional many martial artists fall into this category; perhaps Bruce Lee was the archetype. But bodybuilders should also fall under this banner. All athletes who want to become as huge as possible need to spend some portion of their time focusing on pure strength. This is even truer once you get past a certain basic point. You want to build power like a Humvee, with the sleek lines of a classic Porsche? The following Ten

Commandments have got you covered. Follow them, and we promise you cannot fail, even if you had trouble getting stronger in the past. Your days of weakness are done, my friend! Enter the "Bullzelle" There are guys who train for pure mass and want to look like bulls, and guys who only train for athleticism without mass, and are more like gazelles. Al Kavadlo has been described as a "bullzelle"â€”someone who trains mainly for strength, and has some muscle too, but without looking like a bulked-up bodybuilder.