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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: how do

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Hey Paul Wade, I just had a quick question for calisthenics. I did calisthenics for a good solid 4 1/2 months and stopped because I was brain washed by people saying

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Convict Conditioning author Coach Paul Wade has just released a new ebook that features me and my brother Danny on the cover! C-Mass: Calisthenics Mass is now

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C-Mass Calisthenics Mass: How to Maximize Muscle How to Maximize Muscle Growth Using Bodyweight-Only With C-Mass, Paul Wade further cements

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Review C-Mass by Paul Wade C-Mass is an ebook by the author of Convict Conditioning, Paul Wade. I have heard there are plans for a paperback to follow.

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