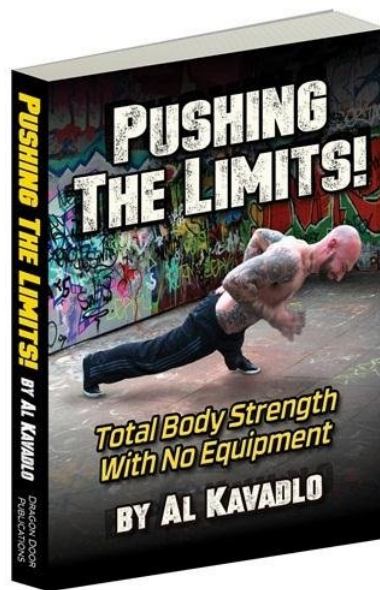
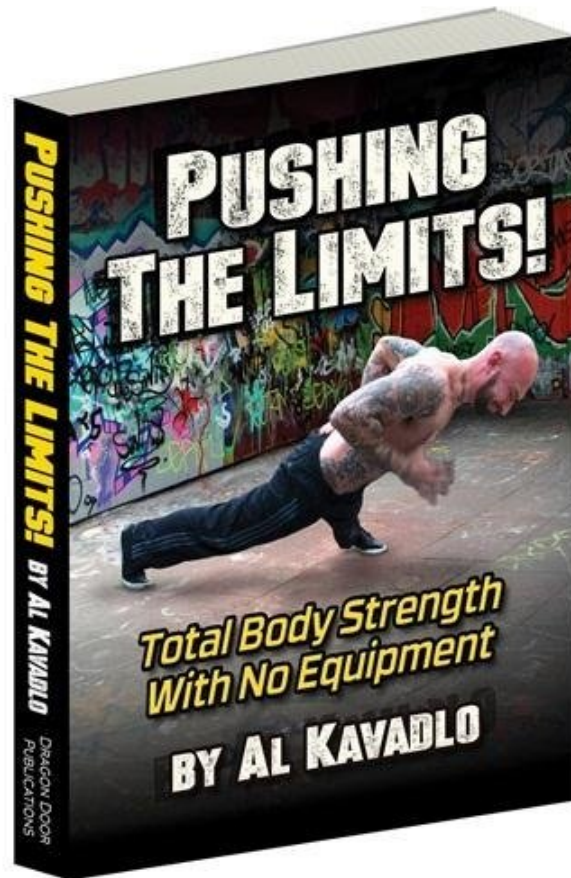


PUSHING THE LIMITS! TOTAL BODY STRENGTH WITH NO EQUIPMENT BY AL KAVADLO



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PUSHING THE LIMITS! TOTAL BODY STRENGTH WITH NO EQUIPMENT BY AL KAVADLO PDF

What is more satisfying than OWNING a primally powerful, functionally forceful and brute-strong body? A body that packs a punch. A body that commands attention with its etched physique, coiled muscle and proud confidence... A body that can PERFORM at the highest levels of physical accomplishment...

Well, both Al Kavadlo—the author of Pushing the Limits!—and his brother Danny, are supreme testaments to the primal power of body culture done the old-school, ancient way—bare-handed, with your body only. The brothers Kavadlo walk the bodyweight talk—and then some. The proof is evident on every page of Pushing the Limits!

Your body is your temple. Protect and strengthen your temple by modeling the methods of the exercise masters. Al Kavadlo has modeled the masters and has the “temple” to show for it. Follow Al’s progressive plan for primal body power within the pages of Pushing the Limits!—follow in the footsteps of the great bodyweight exercise masters—and you too can build the explosive strength and possess the magnificent physique you deserve.

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Most helpful customer reviews

51 of 55 people found the following review helpful.

Toolbox of progressive bodyweight exercises

By Matthew Arieta

I ordered this directly from Dragon Door, but I do own the book and am looking at it as I write this. One caveat: I'm a big Al Kavadlo fan. He's a very cool, knowledgeable person, that makes himself highly accessible. In fact, he offers so much free material on this website and YouTube that I've never felt the need to buy anything. My current fitness journey is going outside and using my own bodyweight for resistance, and for that this book is perfect. It's worth noting though that most of these moves could also just as easily be performed while at home, or in a gym setting.

OVERVIEW

Al focuses on progressions for three of the best compound bodyweight movements: the pushup, the squat, and the bridge. Using these movements will give you a real command of your own body, reduce the chance for injury in daily life, and you'll look great at the beach as an added bonus.

PROS

Every page is loaded with full color photos of both men and women doing the exercises

Great explanation of each movement

Plenty of Al's wisdom in callout boxes

Excellent toolbox of progressions from novice, to intermediate, to advanced, to elite

Because of the progressions, anyone at any level of fitness can find a challenge

CONS

The sample routines are in an appendix (different section) than the chapter on using these movements in a workout. I'm lazy and don't want to flip back and forth

The workout routines don't have page #s for the movements, so you have to dig through the book to find them

No index with page #s for each exercise

CONCLUSION

This is a nearly perfect book on bodyweight training. My only quibble is that there wasn't more effort put into the routines. Give me 3 different workouts for each level, using different combinations of these moves, instead of just 1. Give me an index so I can easily find the exercises I want to try. Those few things aside, this is an excellent book and I highly recommend it.

23 of 23 people found the following review helpful.

Outstanding bodyweight strength book

By gt surber

Al Kavadlo has produced another fine book (cf "Raising the Bar" by Al). This is a beautiful book. The pictures are of amazing quality. If you want an exercise book for your coffee table, this is it. But they do demonstrate very well exactly the points that Al is making in this book. Most of the pictures are of Al and his brother, Danny. In the early part of the book, Al includes pictures of a few women doing the workouts.

Al has given us basic exercises for beginners, and on to valid, possible, achievable progressions to elite athleticism. Every exercise is described clearly and the pictures demonstrate the exercise very well. The necessary warnings and precautions are prominent. The routines are well thought out and well outlined, easy to follow. Al has concentrated on pushups, squats and inversions with the variations of each. If you want to achieve human flags and dragon flags, this is the book to use. Like "Convict Conditioning" by Paul Wade, this is an excellent presentation of how to get strong and ripped with body weight exercises. The two books vary tremendously in style and methods of presentation and in exercises concentrated on. Both are excellent, just different approaches for different people. Another author with excellent books on bodyweight is Logan Christopher. If one were to collect these three authors, one would have all the essential information on body weight conditioning necessary. Each is complete into itself, but with understanding of reading and practicing of all three, one would be an expert on body weight conditioning. And, if following the training in the books, be in magnificent condition and shape.

A good buy.

20 of 21 people found the following review helpful.

*****WARNING*** UTILIZING THIS BOOK MAY MAKE YOU RIDICULOUSLY STRONG**

By R. Taylor

Pushing The Limits! is literally a reference guide to strength training without any equipment, at any level. You can use the content within this book to train your entire body, or to supplement other training with equipment (a pull up bar, weights...), and you will see improvements at any fitness and strength level. PTL! covers what Al considers to be the "Big Three" of floor exercises: push ups, squats, and inversions. He presents a wide variety of excellent progressions, at all difficulty levels.

Al has a great writing style. Reading his books feels like having a friendly conversation. He presents the exercises almost as a showcase, explaining why the each is beneficial, and very helpful mental cues on how to approach the moves to optimize your form. Furthermore, the book contains excellent high quality, full

color photos of all of the exercises, clearly demonstrating the form. It's very accessible, even if all you're doing is flipping through and getting a quick look at the pictures during a workout.

Push ups include everything from the simpler variations such as the basic push up and diamond push up, to advanced variations such as freestanding handstand push ups, one arm push ups, and other, even more advanced variations that most people don't even know about.

As for squats, these go from the basic squat and lunge, to advanced one leg squats, even beyond the pistol squat. The hardest squat variation in this book, which is far harder than the pistol, is, as far as I know, exclusively presented by Al. I discussed it with him awhile ago, and neither of us had seen it even being discussed anywhere online. A few months later he made a video of it, and now it's in this book. That's it.

Al defines inversions as "any posture that involves your heart being higher than your head". This includes a series of bridging progressions, the hardest of which I've only seen presented here, as well as hand balancing skills including handstands, headstands, and less common variations, again, at least one of which I've only seen from Al.

In addition to all of that, Al includes two appendices: one with "bonus exercises" and one with sample routines and programming. The bonus exercises can be used to add variety to your training. Particularly, many of them are excellent core exercises, which is great if you don't feel that the progression you are at in the big three exercises are offering you enough core work. Some are also excellent skill challenges, such as the elbow levers.

Al believes that you should "listen to your body and design your own program based on intuition". I happen to agree with him here. People will have different goals, different schedules, different abilities. Adapting a feel for what you can safely do while still pushing yourself will allow you to progress faster. The second appendix on routines is essentially meant to be used as a test or a template from which to customize your own workouts; have fun with it.

Overall, Pushing The Limits! has many great exercises, some exclusive, and is very approachable to read or to just flip through as a quick reference.

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