

C-Mass: Calisthenics Mass: How to Maximize Muscle Growth Using Bodyweight-Only Training

By Paul Wade

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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.


Paul Wade's trenchant, visceral style blazes with hard-won body culture insight, tactics, strategies and tips. *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.

CONTENTS: 1. Bodyweight Muscle? No Problem! 2. The Ten Commandments of Calisthenics Mass 3. "Coach" Wade's Bodypart Tactics 4. Okay. Now Gimme a Program 5. Troubleshooting Muscle-Growth: The FAQ 6. The Democratic Alternative...How To Get As Powerful As Possible Without Gaining A Pound 7. **BONUS CHAPTER:** Supercharging Your Hormonal Profile

Get the expert's guide to build phenomenal amounts of natural muscle mass and discover how to:

- Add 20-30+ pounds of solid muscle to your frame--with perfect proportions
- Reshape your arms with 2-3 inches of gnarly beef
- Triple the size of your pecs and lats
- Thicken and harden your abdominal wall into a classic six-pack
- Throw a thick, healthy vein onto your biceps
- Generate hard, sculpted quads and hamstrings that would be the envy of an Olympic sprinter
- Build true "diamond" calves
- Stand head and shoulders above the next 99% of natural bodybuilders in looks, strength and power
- Boost your testosterone naturally to bull-like levels

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Lily Terry:

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Andrea Quirk:

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Raymond Nelson:

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