



Zen Mind, Strong Body: How to Cultivate Advanced Calisthenic Strength--Using the Power of "Beginner's Mind"

Al Kavadlo

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In *Zen Mind, Strong Body*, acclaimed bodyweight exercise expert Al Kavadlo presents his "philosophy of fitness"-a philosophy that has allowed him to endure injury-free, while achieving some of the world's most challenging movements, be it the One-arm Pull-up, the Human Flag, the Stand-to-stand Bridge, or the Front Lever. It's also a philosophy that's allowed Al to sculpt a magnificent physique-while maintaining an ever-burning passion to further develop his calisthenic excellence. Al's "secret sauce"? A Zen-like attitude to physical cultivation-which marries intense focus with a light-hearted "joy-in-the-journey." Zen-like too, is Al's insistence on intuitive simplicity and his celebration of personal, direct experience as the most trustworthy teacher. *Zen Mind, Strong Body* culls 26 of Al's favorite articles, elaborating his position on a wide spectrum of fitness subjects from diet and supplements, to machines and free weights, to cardio options, to mental training. For Al, though, all roads finally lead to Bodyweight Exercise-as the supreme path for all-around, everyday athleticism and practical functionality. Want what Al Kavadlo has? Absorb the hard-earned, earthy training wisdom in *Zen Mind, Strong Body*-and you will be on your way.

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