

Are you tired of feeling *weak* and *small*?

Here are the secrets I use to **FORCE** muscle growth

...All while mastering the Calisthenics skills that will turn heads everywhere you go.

[\[Let's Begin\]](#)

THE ULTIMATE CALISTHENICS PROGRAM

[\[Get Stronger Now\]](#)

How I got to 110Kg with Calisthenics...

...And *still* perform incredible bodyweight skills.

If you've been following me for a while, you'll know that I had to wait *years* before achieving today's physique, making mistakes and learning along the way.

And if you'd like to achieve a ripped body, muscle ups and other calisthenics skills much faster than I could ever do, then this page is for you.

Because if you keep reading for the next 90 seconds,

You'll discover EXACTLY how people, much like yourself, transform their physiques with calisthenics in six weeks.

They do this thanks to what might be the most unusual how-to guide ever written...

First, because it breaks-down my four year calisthenics experience.

And, second, because it reveals (to my knowledge, for the first time in a single guide) the almost completely-unknown techniques I used to build a ripped body while learning insane calisthenics moves:

Dozens of beginners have obtained a ***statuesque physique***,
Increased their ***endurance***,
And got impressive skills like the ***muscle up***.

ALL IN JUST SIX WEEKS.

[Testimonial]

Here are the tools and techniques inside:

- **A six-week workout regimen**, suitable for all levels, enabling you to achieve calisthenics skills like muscle ups and enhance your physicality in less than two months. And yes, you can repeat it more than once;
- **What to do to become flexible**, getting bullet proof tendons and preventing injuries that could interrupt your calisthenics training for months;
- **How sleep influences muscle growth** and which amount of time you SHOULD sleep for maximum gains;
- **Lifetime access to my private discord server**, where you can share your progress and ask for help to hundreds of athletes who already got the program.

PLUS dozens of tricks and tips to make sure you never hit plateaus, so that by the time you finish this blueprint you won't recognise the beast in the mirror.

Many coaches would have sold this blueprint for more than [x], because of all the results it has delivered.

But I decided to make it as accessible as possible at only [price], to show you how quickly you can progress with bodyweight training, and the right tools.

At this point, you have a choice to make:

You can attempt to reach such a level on your own, learning from mistakes along the way, just as I did, spending months, if not years, in your pursuit of progress...

OR,

You can take advantage of this blueprint to shave years off your calisthenics journey, and get a jaw dropping look and strength in a matter of weeks.

[\[Get The Blueprint now for just *price*\]](#)

But don't just take my word for it:

[Testimonial]

FREE GUIDE

Hey! I'm Chibs...

A calisthenics athlete who started bodyweight training four years ago. When I started out, I always ended up plateauing and frustration built up.

I couldn't understand how people at the park or on social media made it look easy.

Luckily, over time, I have developed techniques and training methods through trial and error, allowing me to reach today's physique and insane calisthenics skills even at the weight of 110 Kg.

If I can do front lever, handstand push ups and other similar skills with THIS weight, just imagine what YOU can do.

But I get it, you'd like not to waste years of your life trying to figure out the best training method.

That's why I created these programs, so that you can learn my four years of experience in simple to understand pages.

I continue to improve and optimize my programs as I grow and develop, and I want to share this knowledge with you to help you on your fitness journey.

Follow my journey:

FOLLOW US