

Calisthenics

Subject line: Why building muscle blocked my progress

Preview text: Even though I could do gravity-defying skills.

Looking back at all my Youtube videos over the years, I noticed a time when my progress was really good...

Calisthenics became a lot more fun when I focused on building strength.

But there was a period where I felt stuck, I couldn't see any progress.

I was asking myself "*what am I doing wrong*"?

I remember seeing these humongous jacked dudes on YouTube doing muscle-ups and all kinds of crazy stuff...

...I mean come on, how were these dudes with big muscles able to do all of that.

But that's when I found out this one simple mistake was impeding me from gaining strength.

I was focused on building muscle and doing calisthenics at the same time.

While all those dudes that are chemically enhanced, taking steroids and what not were bulking.

What I really wanted was to be athletic and fit, so I changed my focus completely.

After 4 months I finally felt stronger, leaner, more agile, and mobile.

[Click here to see what I did instead to get the results I wanted.](#)