

Feeling Discouraged in Your Calisthenics Journey?

Hey [Name],

Are you currently facing frustration and dissatisfaction in your calisthenics journey despite weeks or even months of dedicated training?

If so, I can relate—I once found myself in the same position during my fourth month of training.

I even spent almost a thousand dollars on various training programs and coaching and saw minimal muscle gains.

It was very frustrating, and I wanted to quit.

However, everything changed when I stumbled upon a coach who challenged the existing norms.

His reasoning was that calisthenics was pretty new, and effective training plans hadn't been invented yet.

I was intrigued and decided to give it a try.

In just one month of following this coach's program, I saw a big change, gaining 5 lbs of muscle.

I finally broke through the plateau I had been stuck in for months.

Inspired by my own success, I've incorporated and refined these effective methods into my own teaching approach.

If you feel stuck and dissatisfied with your progress, [book a call with me](#). I will guide you and figure out what training and meal plan works best for you.

Best Regards,

[Name]