

## **Do you constantly crave change in your life?**

Switch from regular gym exercises to something more engaging...

Or maybe you wanted to start training but hadn't got money for expensive gym membership?

Dreamed about competing but...

Lacked Knowledge?

Had No Guidance?

The common reason why people struggle to make changes is not that they lack one of these key elements...

It's almost always a combination of all these and many more burdening limits...

...Keeping them tied and unable to get rid of the bonds.

The key to success is not some magic potion...

...A stroke of luck or a blessing from a fairy.

This key already lies within you...

...Ready to be picked and used.

All you need to do... is take it.

Are you ready to follow my steps and **Finally Reach Your Key?**

Discover true passion for Calisthenics...

....Develop your physical and mental strength for peak performance.

Train with intention...

...And compete with heart.

Striving for victory **Each And Every Day?**

## **How Success Is Built And What It Takes To Be The Greatest...**

### **Hannibal For King**

A world-renowned athlete and coach whose fitness journey began when he was a young boy growing up in New York City.

Inspired by martial arts movies, Hannibal discovered calisthenics and began training on the streets



Over time, Hannibal faced several challenges...

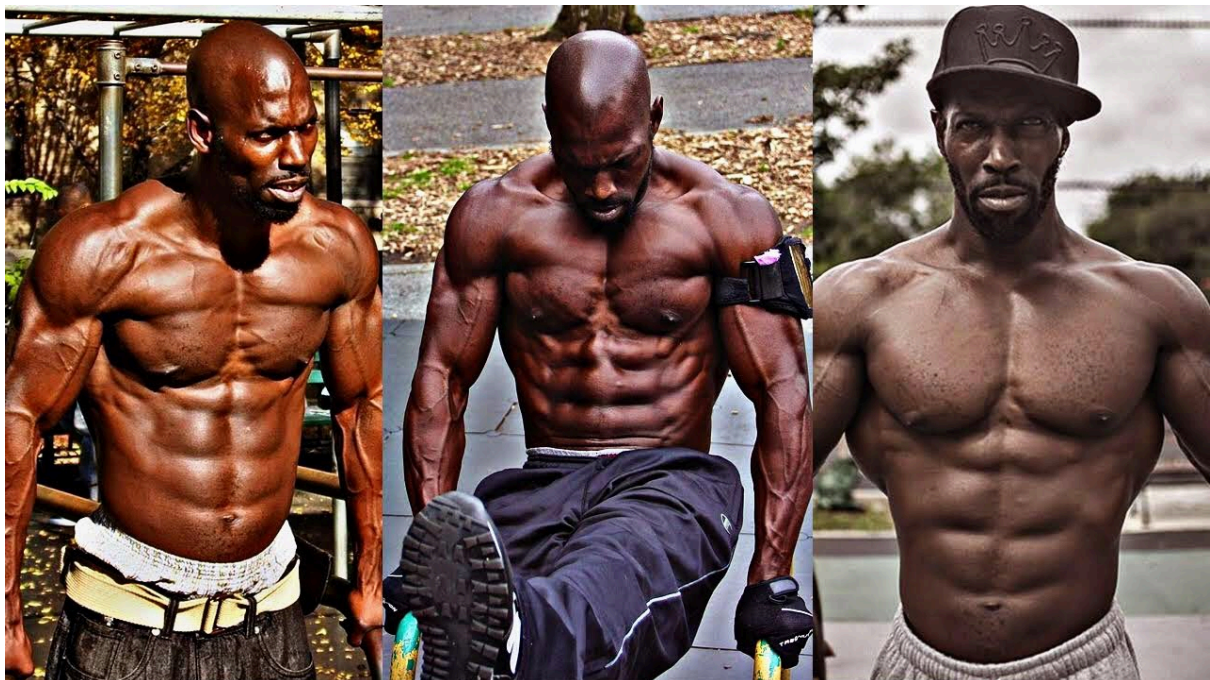
Injuries and personal setbacks never took his dream away. He remained committed to his goals and continued to push himself to new heights.

**Every Day...**



As Hannibal's approach to calisthenics evolved, he experimented with different training methods and learned about the mechanics of the human body.

He realized that proper form and technique were Key To Unlocking His Full Potential.





Today, Hannibal is a sought-after coach who helps people achieve their fitness goals and experience the "**dream state**" of being fully immersed in their training.



If you're looking to take your calisthenics training to the next level, like Hannibal For King did...

This is the coaching for you.

With my years of experience, deep knowledge of the human body, and unwavering commitment to my craft...

I will help you achieve your fitness goals and experience the "**dream state**" for yourself.





# ABOUT ME

My name is Andrea Larosa. I'm a professional Calisthenics athlete, international champion and fitness trainer.

I started practicing this sport in 2013 as a self-taught athlete as I wanted to keep fit in a new way which wouldn't bore me.

As months went by, I developed a great passion for this discipline.

I have won relevant national and international competitions since 2015 and I haven't stopped since then.

My goal is to share my experience and help others grow together with me...

Be Disciplined,

Have Strong Purpose...

...And a Great Plan Of Actions!

## How Can You Become A Professional Calisthenics Athlete?

Regardless of your starting point...

Whether your goal is to compete at the International Championship, Impress others with your Strength and Physique or just simply Have a Passion, Good Looks, Be Healthy and Strong...

I've created workout plans to fit specifically into your personal goals and needs.

**You'll be provided with detailed workout plans about:**

- ✓ **Maintaining Strong, Functional And Good Looking Torso With [CORE DAILY CALISTHENICS CIRCUIT](#)** - This circuit is a series of exercises designed to strengthen your core muscles, which will improve your physical strength, create greater stability and aesthetic appearance.
- ✓ **Building Your Lower Body With My [8 WEEKS LEGS PROGRAM](#)** - designed to help you strengthen and tone your lower body muscles over a period of as little as 8 weeks! This program includes a series of exercises and routines targeted at building Muscular and Strong legs to improve the overall Resistance and Explosiveness.
- ✓ **Tailored Strategies for Calisthenics [BEGINNER](#), [INTERMEDIATE](#) And [ADVANCED](#)** - These strategies are designed to help calisthenics enthusiasts of all skill levels to improve their performance and achieve their fitness goals. Each strategy is customized to suit the specific needs and abilities based on your individual starting point.
- ✓ **Best Proven And Working [EXERCISES FOR PLANCHE](#)** - an advanced exercise that requires a lot of strength and skill. This list of exercises is specifically designed to help you improve your planche performance and achieve it as quickly and effectively as possible!
- ✓ **Tactics To Follow On Achieving [ONE ARM HANDSTAND](#)** - The one arm handstand is a difficult skill that requires a lot of practice and patience. These tactics will help you improve your technique and build the necessary strength to achieve a one arm handstand and progress towards this challenging skill in a safe and effective manner.

To help you Gradually Progress...

...Create a Fulfilling Passion For Decades,

...And make your Wet Calisthenic Dream come true.

**Don't take my word for granted. See what others say:**



★★★★★

Jim – 13 November 2021

Best workout routine i ve ever seen! Very well structured and explained! But i have a question : i should rest one day after each workout day or should i make one after other and take 3 days rest before week 2? The program doesn't mention anything about it.



★★★★★

Jim – 17 November 2021

Tnx for the response, one last question, is it necessary to take one day rest after each sessions? ; because i enjoy training everyday and i have all the time. What should i do  
👉👉 In rest days? U give me too much motivation!



★★★★★

Jim – 11 January 2022

Best program i ve ever seen! Just a quick question : is it necessary to do stretching immediately after the workout or i can also make it later on?  
👉 Tnx

\*\*\*Note - Other social proof than just 5 star reviews could be a better choice to establish trust.

You could include visual changes of your clients - videos or photos of transformation to show that what you offer actually works

It might also be more effective to include a mix of positive and negative reviews. This would help to establish credibility and authenticity, while also showing that they are willing to be transparent about the limitations of the program.\*\*\*

## So... Are You Ready To Start Your Journey?

Check out my [Training Programs](#)

And get the taste of my experience...





**BONUS** - You can also get my special offer:

★ **5 in 1 CALISTHENICS BUNDLE** - To unlock your Full Potential and achieve your fitness goals with ease! This comprehensive package includes everything you need to master the art of calisthenics, from beginner to advanced level programs.

**\* Don't miss out on this limited-time promotion and start your \***  
**Calisthenics Journey Today!**



★★★★★

**Marc Pergis** – 13 August 2020

It helps me alot now im the world's best calisthenics athlete <3



★★★★★

**Anton** – 4 April 2020

Pretty amazing program by an amzing coach



★★★★★

**Matija** (verified owner) – 22 November 2020

I don't know if this is mental or physical thing but after 1 week I came from 6 to 10 pull-ups and a can allready feel the strength in my muscles.

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