

Reece Humphrey & Dustin Myers - How To Be A Freak Athlete

Master athleticism with Reece Humphrey & Dustin Myers. Learn advanced techniques, strength training, and mental strategies to elevate your athletic performance. **Key Highlights:** Develop explosive power, agility, and mental toughness. **Enroll Now** and unleash your potential as a freak athlete!

Learn the Secrets to Becoming a Freak Athlete with This Blueprint for Supercharging Your Natural Athleticism Featuring Two Elite Level Coaches and Athletic Performance Experts, Reece Humphrey and Dustin Meyers – No Talent Necessary!

- Reece Humphrey is a 2-Time All American Wrestler and accomplished Coach, often praised for his incredible athleticism and his ability to churn out high level freestyle wrestling athletes
- Former S&C Coach for Ohio State Wrestling Dustin Meyers has helped multiple athletes around the world maximize their potential through world renowned training programs
- Learn how to safely and effectively enhance your overall athletic performance with elite training systems that will give you the edge in any sport
- Master backflips, kip ups, back handsprings, multiple pull-up variations, muscle ups, push up variations and more all with two of the most respected and sought after coaches on the planet guiding you every step of the way
- Explore and recruit some of the most challenging feats of athleticism into your conditioning routine and watch your results go through the roof as you master incredible feats of strength, mobility, agility, and balance

PART 1

- INTRO
- FOLLOW ALONG WARM UP
- BACKFLIP
- FIRST PROGRESSION – HIGH JUMP
- KNEE UPS
- EXPLOSIVE BACK JUMP
- EXPLOSIVE BACK JUMP WITH KNEE UP
- BACKWARD ROLL EXTENDS
- SPOTTING A BACK FLIP

PART 2

- BACK HAND SPRING
- BACK FLIP RECAP
- KIP UP
- FORWARD ROLL STAND UP
- ROLL BACK STAND UP
- FAILED KIP UP
- BONUS SKILL: REVERSE WORM
- KIP UP RECAP
- STRICT MUSCLE UP
- FALSE GRIP PULL UP
- L-HINGE DIPS

PART 3

- STRICT PULL UPS
- L-SIT PULL UPS
- STRICT MUSCLE UP RECAP
- STATIC HANDSTAND
- COUNTER BALANCE
- HEADSTAND
- WALL HANDSTAND
- WALL HANDSTAND PUSH UP
- WALKING ON HANDS
- SPOTTING THE HANDSTAND
- BONUS SKILL: STATIC HANDSTAND PUSH UP
- STATIC HANDSTAND RECAP
- OUTRO

PART 1

- INTRODUCTION

BAR MUSCLE-UP

- FALSE GRIP PULL UPS
- HIP-PULL UPS
- LOW BAR-TRANSITION
- L-HINGE-DIPS
- WEIGHTED-PULL UPS
- BAND PULLUPS
- BW-SKULL CRUSHERS

PART 2

DRAGONFLY

- DRAGONFLY ROLLUPS
- BENT LEG DRAGONFLY
- DRAGONFLY NEGATIVES
- INVERTED BAR NEGATIVES
- DUMBBELL PULLVERS
- WEIGHTED HYPERS

PART 3

SUPERMAN PUSHUPS

- SINGLE ARM SALUTE
- STABILITY ALTERNATES
- STABILITY PUSH UP
- SUPERMAN PRESS
- REVERSE HYPER
- PLYO PUSH UPS
- KICKUPS
- MEDBALL SLAM & PASS

PART 4

RUSSIAN DIPS

- CORE POP UPS
- DIP L-SITS
- BENCH LAT HOLDS
- L-SIT LEG RAISES

PART 5

1-ARM PUSHUPS

- SPIDERMAN PUSH-UP
- 1-ARM ASSISTED PUSH-UPS
- ISODB PRESS
- ISODB ROW
- SINGLE ARM DB PRESS
- BANDED LAT PULLDOWNS
- SINGLE ARM BODYWEIGHT ROW
- TRICEP CDownload