



Transformations from my Training



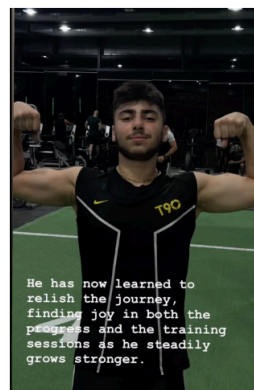
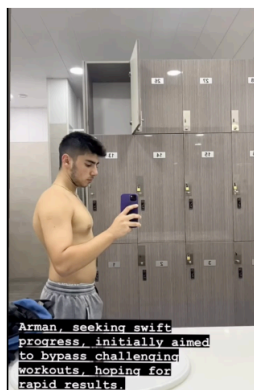
Badih's Transformation

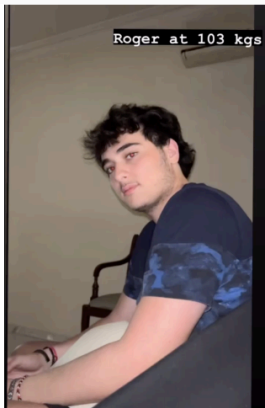
Badih used to be super skinny with zero strength. In one month Badih's pull ups doubled from 7 to 14 only after 11 sessions with me! His strength sky rocketed and his physique followed.



Arman's Transformation

Arman progressed with every session. Quickly, he reduced his body fat while his enjoyment for the gym improved with callisthenics.





Roger's Journey

In 6 months Roger lost **28kg!** With his hard-work and my guidance we were able to take his health to another level.

You could be the next transformation! Start now.
The longer you wait, the more you will regret it.
Rome wasn't built in a day. This is a journey.

Book a free 15 minute call with me to go over your next steps to greatness.

BOOK A FREE 15 MINUTE CALL



These two tips will guarantee your first pull up

The pull up is a great target to aim for.

It strengthens almost all of your upper body and builds that greek god physique which creates a perfect foundation to get into the more advanced exercises like the muscle up.

Just because you don't have a pull up bar doesn't mean you can't do pull ups. I'm sure your local park has one you can use, if it doesn't your local gym should. Worst case scenario, You can always use a door frame.

Your form does 50% of the work.

You need to make sure your scapula is engaged by pulling your chest towards the sky making it easier to pull up.

Depending on your experience you may not be able to even pull yourself up. You're going to have to build up strength.

This can be done through Australian pull ups by using a bar, around chest height, and lowering yourself below the bar then simply pull yourself up. I suggest mixing it up and experimenting with close grip and wide grip variations as it builds strength rapidly for your upper body.

or you can use a resistance band to reduce your amount of weight during the pull up. This can be done by attaching the band to the bar then pushing the band towards your feet to allow you to step on it, making the pull up easier.

I have helped many clients achieve their first pull up and as a teacher I want the best for my students. Therefore, I'm offering to train you.

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My 4 years in callisthenics will definitely provide value to your journey.

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[CLICK HERE TO BOOK A FREE CALL](#)

