

Hybrid Calisthenics

- Customer Experience Enhancer -

Opt-in Popup -

✕

Sign Up To Our Newsletter To Get 10% OFF YOUR FIRST ORDER

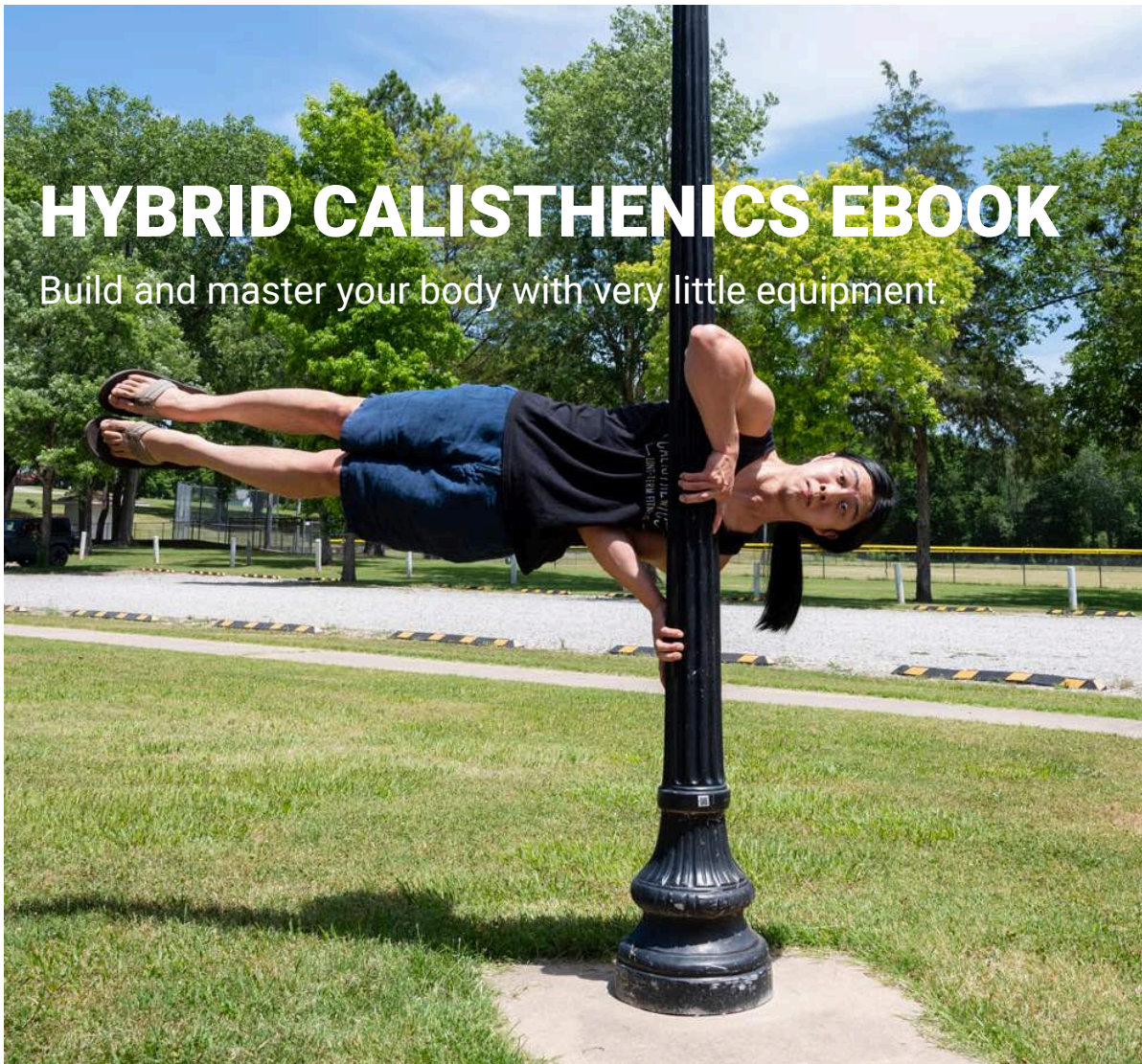
Just enter your first name and email address to
receive:

- ✓ Daily motivation, insights and calisthenics
knowledge from your inbox
- ✓ News and updates from the Hybrid brand
- ✓ And of course 10% off your first order!

I WANT MY OFFER!

HYBRID CALISTHENICS EBOOK

Build and master your body with very little equipment.





[Video Plays](#)

[Get The Ebook Now](#)

Buy with **shop** Pay

OVERVIEW & REQUIREMENTS

GET HEALTHY, FIT, AND STRONG WITH JUST YOUR BODY AND GRAVITY!

The Hybrid routine is designed to help anyone get fit with just their body and gravity through progressive bodyweight exercises! Very little equipment is needed and many exercises don't require any equipment at all.

The Requirements 📌 (dropdown)

THERE ARE NO PHYSICAL REQUIREMENTS.

Again, this routine can be used by anybody.

However, we do advise you to consult your physician or medical professional before starting an exercise plan.

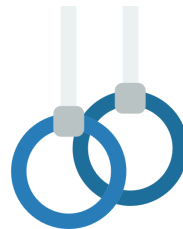
You don't need to be as fit, or as handsome as me to start!
(I'm handsome, right? 😊)

On top of that, it's actively being made available in different languages and formats too so there will be no language barriers.

You only need access to:



PULL-UP BAR



GYMNASTIC RINGS

Do you need equipment? Check out our **Equipment** page.

Meet The Creator



Hey everyone!

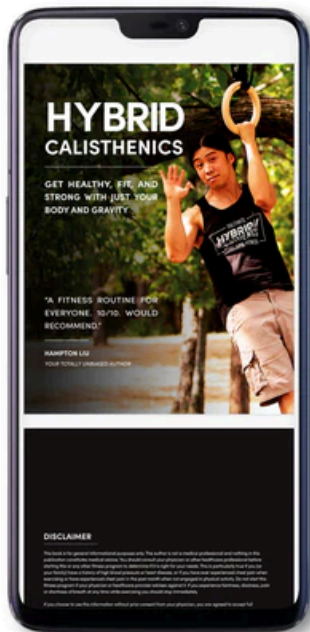
My name is Hampton and I'm the content creator and entrepreneur behind Hybrid Calisthenics. You can find me by that name pretty much everywhere on social media.

My goal is to help people **cultivate long-term fitness and happiness** by creating fitness content and building a **community**.

I'm a certified fitness trainer and specialize in calisthenics - that's bodyweight exercise! Think pushups, pullups, squats, and so on. I focus on many different variations of each exercise to adjust their difficulty to the individual.

I hope you enjoy the program!

Hybrid Routine FAQs



+ What is a "set" and "rep"?

+ How do I warm up?

+ Do I need to stretch before my workout?

+ I don't have a pullup bar or rings. What do I do?

+ Do you offer coaching?

+ Why isn't there more variety to the exercises?

+ Does Hampton love me?

Here's what our customers have to say:

Jimmy S. ✓

12/04/2023

★★★★★

Liking the progressive methodology. The idea that I can always do an easier variation never occurred to me. Has been exercising semi-regularly (motivation issues) since I got the book. Happy to say I'm fitter than ever before!

Daniel W. ✓

14/03/2023

★★★★★

Very pleased with the content and presentation. I have the digital version but bought the physical as a gift. Very well done.

Pauline B. ✓

24/02/2023

★★★★★

Very informative and helpful.

Ramona H. ✓

22/02/2023

★★★★★

I am a beginner and really don't know many techniques to gain strength. You are helping a ton! And I don't feel overwhelmed.

James Y. ✓

10/04/2023

★★★★★

Professional, knowledgeable, comprehensive and systematic.

Laurie S. ✓

23/03/2023

★★★★★

What an amazing resource for practice!

Arnis B.

09/03/2023

★★★★☆

Hi!
All info about training you can find in this website. Reason I bought this ebook is that I want to support Hampton's work. Thanks!
Arnis

Sangram M. ✓

23/02/2023

★★★★★

It's a wonderful workout program in calisthenics. Anyone can try it and get strong 🙌

Kyle R. ✓

06/04/2023

★★★★★

I love the book and routine. I can't wait to continue to work though it. A recommended change to the book right off the bat would be to "stair case" the position of the right edge colored tabs for each category. As it stands now, it is hard to jump right to the section I want. If they were stair cased (each section tab placed lower than the preceding one) then you would be able to jump to different sections easier. Also, I think it would be great to include a set of 6 Hybrid branded bookmark...

Paul E. ✓

02/03/2023

★★★★☆

nice, but if you've watched all his videos and read through his website there isn't much new info in it. but it's a nice gift or reference summarizing his routine.

Vasileios D. ✓

19/02/2023

★★★★★

Hello, I am a 38 years old male and I always used to work out by myself. Being young I also lifted some weights but getting older (and wiser) drives me to a more and more calisthenics style work out. So I found you on YouTube and liked your calm and clear way of explaining things and generally your attitude. I find the guidance very useful, friendly, knowledgeable and interesting. Thank you for your effort. Bill from Greece

Michael J. ✓

03/04/2023

★★★★★

I have quite a few physical ailments that keep me from starting out with most exercise programs. Most show an exercise that I probably couldn't do when I was 20 and in the Marines, let alone now when I'm 60. Then they show a bunch of simplified versions that I can't do either. This program is different, starting with exercises that I feel are ridiculously easy, until I try them, then saying "Stay here a while, but when you CAN do this so easily it's boring, try this!" So happy I found this pr...

Brittany K. ✓

28/02/2023

★★★★★

Really love this book as a beginner on my fitness journey!

Muhammad S. ✓

21/02/2023

★★★★★

simple. easy to understand

Alex P. ✓

02/04/2023

★★★★★

Amazing guide, 10/10 🥰

Georgi V.

25/03/2023

★★★★★

Your videos inspired me to start working out. I promised myself that you have my \$20 when you ask for it and I think that's a good way to support you :) I'm glad that anyone who can't buy it can read it for free! GOOD LUCK!

David B. ✓

08/03/2023

★★★★★

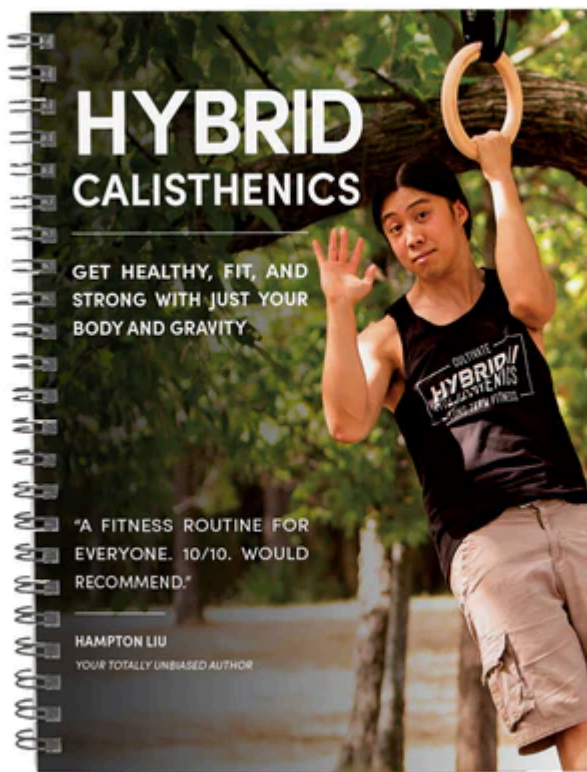
I love it. The spiral binding is perfect for an exercise book like this. The pages are thick, durable, and have a luxurious feel to them. Instructions were well thought out and I love having progressions for everything so I absolutely can do it. High quality in every aspect and highly recommended.

Get The Ebook Now

Buy with **shop** Pay

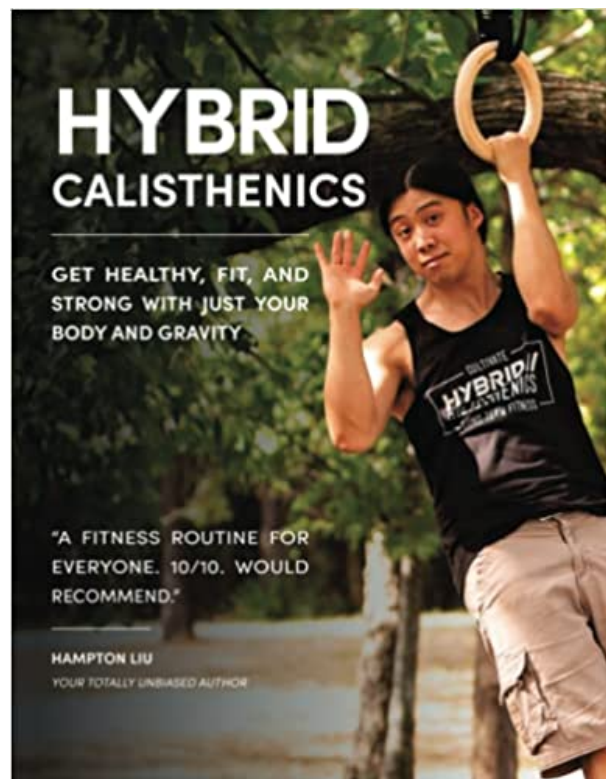
Physical Editions Of the Ebook

If you hate the internet,
then we've made two physical versions of
this book just for you! 😊



The spiral-bound.

Get The Spiral Edition



And the paperback.

Get The Paperback Edition

TABLE OF CONTENTS

Introduction

PART 1 - ...

PART 2 - ...

PART 3 - ...

PART 4 - ...

PART 5 - ...

PART 6 - ...

PART 7 - ...

Get The Ebook Now

Buy with **shop** Pay

And one more thing...



Have a beautiful day!