

Sales page - [Giacomo](#)

After 9 years of mastering calisthenics, I've developed a method to ensure progress in the first week and help you avoid the 100s of mistakes I made!

I know what it's like starting calisthenics...

You get excited because you can look forward to seeing the toned body you've always dreamt of and muscles you didn't know existed.

But then you realise, you don't know where to start:

"Should I do push-ups? Should I try sit-ups?"



***9 years of experience in
calisthenics and a 90kg
dip pr***

You have no idea where to start, and neither did I,

One thing that no one tells you about calisthenics is that there is no clear cut path.

And because of this you probably find yourself -

1. Getting injured.
2. Confused and feeling like a boxer constantly getting hit in the face.
3. Not having the energy to workout because you have nothing to be excited about.

Then, the exact moment you start seeing progress, "pop" and just like that you're injured.

Again.

Realising this I decided to create an ebook to mitigate **every** problem that you will face.

- No more injuries
- No more plateaus in your progress
- And no more low energy, stiffness or tiredness

Now, you can begin to see the numbers on the scales drop every time you check, using the same method I used but do it 6 months faster than I did!

If you're a hard worker you need to see this...

I made mistakes which cost me 100s of hours...

Because of this method, you won't have to waste 100s of hours like I did.

HOWEVER, this method **does not work for lazy people**,

If you're a lazy person I hope you do amazingly in calisthenics, but this book isn't for you.

And I hate to say it but lazy people never get the results they dream of.

For those who are hard workers and want to look after your body, I'm glad you are here, because this method will get you better results than it did for me!

In the next 48 hours, you can upgrade your physique for less than the price of a Netflix subscription

[I'm ready to start building a physique as good as Jackmonx](#)



(Time left until it goes back up in price...)

So for €13.97, you can learn 9 years worth of calisthenics knowledge...(That's less than the price of a kitchen knife)



This is Davide and in his words...

“you learn how to move parts of your body that you didn’t even know you could move”

I want this for you!

I want you to be able to move like a monkey, moving freely without the fear of injuring yourself.

I want you to see how easy it is to achieve your goals with a **proven** plan

And I want you to be able to start seeing your abs without having to do 1000s of sit ups...

You can achieve all of this!

The training is very balanced between the upper and lower body. It can be done at home with even minimal equipment. Gradually you learn how to move parts of your body that you didn't even know you could move. I learned to monitor the various parts of my body and observe the progress monthly. Over time you also learn to plan your training by focusing more on the skills you want to achieve. Achieving your own transformation is the goal you must have in mind to bring home great results! I really recommend this workout to anyone who wants to switch to a free body workout rather than a classic "gym" workout.

18-22

But you need to make me a promise...

You need to promise me that you are not a quitter because I can't help quitters,

I could give you the best training plan to ever exist but if you quit, I can't help you.

There's a quote by Vince Lombardi that I love.

“Winners never quit and quitters never win”

And it couldn't be more true, if you don't quit then you are bound to succeed

Whether it's in 3 years by watching YouTube videos or in 3 months by using my ebook.

You can't lose if you don't quit!

If you aren't a quitter I know this will work for you as it did for me and Davide

[I promise I'm not a quitter and I'm going to get into the best shape of my life!](#)

~~€20.97~~ **€13.97**

And for all the soon to be winners you are about to get what others sell for €50+ for €13.97!

But there's a catch...

It's only going to be €13.97 for the next 48 hours, after 48 hours it's going to cost you,

(Despite that it's still €30 cheaper than other programs)

Only 1% of people get off and stay off of their sofa, here's why...

I know this may sound mean but there is a reason,

Most people start calisthenics as eager as a puppy and have all the motivation in the world.

For the first 14 days, they do really well, but then that motivation fades.

And that horrible feeling of dread immerses them when they remember they have to work out.

In this scenario there are 2 types of people -

Person 1, loses motivation and decides calisthenics isn't for him and he never wanted to get into shape in the first place (he's lying to himself).

Or person 2, who says "You know what as much as I don't want to work out I need to do it"

So what's the difference between a sofa surfer and someone who does their workout regardless of how they feel?

Discipline!

All it takes is a little bit of discipline and perseverance,

So you have 2 choices...

Pretend you never read this and go back to your plateaus and repeated injuries

OR

You invest in 9 years worth of calisthenics knowledge for less than the price of your dinner

As I said earlier, my ebook is only €13.97 for the next 48 hours,

And for those of you who are hesitant to invest in yourselves, it will come at a cost (literally)

The choice as always is yours to make,

[I'm a disciplined person and I refuse to accept anything less than success!](#)



P.S.

Got questions?

Great! I've got answers.

Q) Is the routine and program in the ebook time-friendly?

Absolutely! You only have to train 4 times a week for 40 - 45 minutes! None of this "You must train 7 days a week and get up at 5 am" nonsense.

Q) Is the ebook for beginners or intermediate level?

Both! Whether you are just starting calisthenics or you have 10 years of experience this book teaches the most important thing - fundamentals

Q) Which skill can I accomplish with this ebook?

All of the fundamentals that you'll ever need when you're learning a new move

Q) How "far" can I go with this ebook?

How far do you want to go in calisthenics? That's how far you can go. The beauty of this ebook is that it can be applied to an amateur or professional level

Q) How long does the ebook last until it doesn't deliver me any more help in training?

It lasts forever, learning the fundamentals is like learning the 1,2 in boxing, no matter how good you get you'll always need the fundamentals.

Q) Why should I choose this ebook instead of others?

There is a unique and holistic method shown and illustrated with passion and dedication

Q) Does the ebook teach mobility as well?

Yes, it has more mobility drills than you'll ever need to make sure you get optimal results which last forever.

Important info -

Price - €13.97 for the first 48 hours then €20.97 after that

Objective - get the reader to buy

Ebook Topic - Learning the foundations of calisthenics/calisthenics for beginners, improving their mentality

Use chatgpt to find more pains/desires/frustrations

A PROVEN METHOD THAT HE HAS USED AS WELL

Number of reviews - 5

[MARKET RESEARCH](#)
