

Progressing through your health journey

Do you want to be able to feel weightless on the pull up bar or do exercises effortlessly? Of course you do.

This journey will take some time but along the way you will see yourself evolve from getting your first pull up to your first ever muscle up.

Progressing in callisthenics is the best feeling you can have as you get to see yourself level up every day. The Joy and excitement of hitting your first rep or the process of realising that an exercise you struggled at is no longer an issue.

But doing it alone can be overwhelming and difficult to know where to start. Form is a vital part of callisthenics which you can easily get wrong without the proper guidance. The basics build your foundation to allow you to branch out into other exercises but if your form is incorrect your progress will be hindered.

Imagine you tried to learn how to drive with no expert to guide you. You wouldn't as it would be unwise and possibly dangerous.

I'm willing to be your expert to take you to your next step, to your next level with my PT training.

I have helped hundreds of clients, from the age of 15 to the age of 53, succeed in their journey. I can provide you with the value that will kickstart your callisthenics ability guiding you through every moment so you're never lost.

You've made it this far, let's make sure you get it right.

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

<https://calendly.com/kallasroudy0/15>