

This document has a sales page for a beginner calisthenics program ebook.

Please leave any comments, suggestions or edits as you see fit.

This is not paid work. But I may use it for free value to attempt to land clients.

I did not include my avatar research in this document.

You can unlock bodyweight mastery.

This program will show you how.

It doesn't matter if you don't think you have time to train

It doesn't matter if you're 50 years old

It doesn't matter if you can't do a pull up

Aim for **bodyweight mastery**. And if you don't reach it...

You can ***at least*** be in the best shape of your life.

And you should.

It's worth it.

I'll prove it to you if you keep reading.

But if you don't want to... then walk away now. Because this is an exclusive program only for those who want to:

-Build an **aesthetic physique**

-Develop crazy **functional strength**

-**Demand respect** without saying a word

I'll show you what I mean.

[Client testimonials here](#)

For them, **it was worth it.**

Why?

Other than the obvious reasons like:

-Improving mental and physical health

-Improving aesthetics

-Building confidence

-Injury prevention

-Developing a Strong body

-Developing a Strong mind

For some it's because they wanted to build the *confidence* to go talk to women.

For some it's because they wanted to be stronger so that *they can protect* their loved ones.

For some it's because they wanted to be the *best player* on their team.

For some it's because they wanted to improve their physical appearance.

They had their reason.

What's *yours*?