

Calisthenics Trainee Free Value (Instagram Post)

Sorry 'GYM BROS' but here's the truth

Some wannabe gym bros laugh and mock the art of callisthenics and claim "It's for people who can't handle real weight"

So tell me why your idols are out of breath every 5 minutes, imagine a massive bodybuilder in a boxing match,

They would fall to the floor than Humpty Dumpty,

The reason why Caletsthetics outcompetes bodybuilding is that it covers the three pillars of the superior body:

- .Strength
- .Athleticism
- .Athstetics

Bodybuilders cannot gain all three of these pillars due to the size some people get up to.

Bigger does not always mean better and more often than not it will slow you down and prevent you from being comfortable in your body.

Who can move their whole body whilst holding a branch, it ain't Ronnie Coleman, it's Spider-Man and people who do callisthenics.

It's your time to look good whilst being healthy and moving your body normally (cough, cough Bodybuilders)

[Become a callisthenics. ass-kicking. superhero and show the gym bros who's boss](#)