

I'm not robot!

3-level mobile app program for anyone who wants to learn calisthenics movements regardless of your current fitness level. © 2022 Fit!. All rights reserved ATA (aka "Simonster") is a world-renowned Calisthenics athlete, coach and physiotherapist. Beginning gymnastics at a young age, he became passionate about mastering body control and immersed himself in the world of weight strength training. He has also trained in martial arts, circus and breakdance and incorporates his knowledge from each of these disciplines into his teachings. Simon is committed to opening the door to bodyweight training for beginners and maximizing results for advanced athletes by creating effective and systematic workout programs backed by scientific evidence and personal experience. Back to Selecting Levels "When you put the time and concentration into your training, the results will be amazing and will become addictive. Mastering the control of your body and learning to defy gravity will continue to motivate you to train harder and learn more. "Level 3 in the advanced level Our focus is on more difficult exercises. By the end of this level, you will be an advanced calisthenics Athlete. The goal is to train your body to do moves such as straddle boards, advance push-ups, arm pull-ups, front lever and more. In addition to the 6 weeks of training exercises, Level 3 comes with the following bonus tutorials: Push-up-upPancheback Leverfront SquatDesigning your program 6+ WeekPre-Requirements: 15+ chin-ups, 5 wall push-ups, Tuck lever holds 20 seconds, tuck boards hold 20 seconds. \$30 project calisthenics is a modular program designed for All levels and fitness skills. Most movements can be performed without equipment, however a band of The only weight you need is your body weight! Whether you are an absolute beginner or a more experienced athlete and this program challenges you in a new gym. No weight. Minimum minimum equipment Levels. Train when you yours. Where you Want.ForeverProject Calisthenics is available exclusively on the Fit Mobile App! For iOS and Android. The access to the app is free with the purchase of any level, you are not any recurring subscription and the program never expires. Lathe at your pace and repeat any movement or level when you want. Which equipment do I need to perform this program? Project Calisthenics requires minimum equipment. Many of the exercises can be done using furniture at home (for example, you can dive between two chairs and you can make files under the edge of a table). You will need something to do with chin-ups. A series of rings or a traction bar is sufficient. For level one, you will need a resistance band to help you with some of the exercises. We also strongly recommend trying the fit! Home Gym if you are looking for a complete solution for me to learn me? It depends on your level of fitness and your skills, on your dedication and concentration to training and the movements you choose to dedicate more time. Like all suitable regiments, Calisthenics is more than a journey of the construction of the force that a destination. There is always something new to learn and you will become strong along the way. Have a nice trip! After joining, how do I get the program? Once you register you will be sent the instructions to download the Fit app! to access the program. Make sure to access the app using the same e-mail with which you paid, so that the system recognizes you. You save 20% by purchasing the package with all 3 levels, or if you are a more advanced athlete you can buy levels 2 and 3 together with a 15% discount. This program help you build the strength and technique that you will need to master over time in order to perform these erpmes erpmes oh of !!dnatsdnah pu-hsup omirp oim li ottaf oH!arocna ortla e eznetepmoc itneagus el rep lairoutf noc otinrof enev scinehtsilaC ottegorP .itaznava scinehtsilaC This as an OMG goal I am so happy :D I started at level 2 but I think it will be ready for #3 in a few weeks!-Garret PSimon A is one of the most competent athletes' in this sport. I like how the science behind every movement and progression always explains. I am gaining strength and learning my body every day!-Ricky Li always wanted to train like Simonster haha! Thanks for the program. I love the app. Everything looks great. I'm already Seeing some solid gains in strength, especially in my plank tucked in.Jared AGET STARTEDLEVEL 1This level focuses on routines to build foundational upper body and core strength and instill the correct technique through repetition. You will need a resistance band with this level.In addition to 12 weeks of workout exercises, Level 1 comes with the following bonus content:Basic body weight terms, Concepts and ShapesPerfect push-up and variationsL-sit tutorial rings12+ WEEKSPRE-REQUIREMENTS: NONE\$30LEVEL 2A you need to have a body weight strength base for this level. The goal here is to start training skills such as the planche, push-up handheld and front lever. In addition to the 6 weeks of training exercises, Level 2 comes with the following bonus tutorials:Muscle-up RingsBar muscle-upBack LeverHandstandHandstand push-up+ WEEKSPRE-REQUIIITES: 12 dives, 8 chin-up/pull-up, 10+ seconds front lever socket \$30Purchase Level 1 - \$30Body weight Bundle - \$80Each level includes exclusive video tutorials for skills relevant to your skill. Save when you buy all levels at once, or when you buy level 2 & 3 bundle lefBuy Level 2 \$30Bundle Body Weight - \$80Buy Level 3 - \$30Bundle Body Weight - \$80GET STARTEDPurchase Levels 2-3 - \$50Buy Levels 2-3 - \$50LEVELS 2-3 BUNDLEPurchase levels 2-3 together and save 15%! Suitable advanced athletes'.12 WEEKS\$60 \$50 (15% off)PRE-REQUIREMENTS: 12 dives, 8 chin-up/pull-up, 10+ seconds front lever tuck socket 4.7What do I like about Project ezneirepse de ehcfifitneics evorp ad itatroppus icitametsis e icacifffe otneamanella id immargorp odnaerc itaznava itelta ilg rep itatulsir i erazzimissam id e itnaipicirp rep isep otneamanellaalla atrop al erirpa id azrofs is nomiS.enilpicsid etseuq id anusaic ad etsiuqca ezneconoc el itnemangesni ious ien otaroprocn ah e ecnaeknerb allen e ocric len ,ilaizram itra ellen otanella ehena "A IS .eralocsum otneamanellaalled odnom len esrenmii is e oproc led ollortnoc led aznanordap alla "Anoissappa is , Ate arenet ni acitsannig al odnazini .elaidnom amaf id atsiparetoisif e erotanella ,atelta nu "A )»AretsnomiS«A aka( atA nomiSitavresir ittirid i ittuT .!itF 1202 ©A .otneamanella id ollevil oirporp lad etnemetednepidni acitsilfac alled itnemivom i erarapmi etouy the rep illevil 3 a elibom ppa ammargorP ELDNUB THGIEWYDOB + ILLEVL ITTUymedaCa dedderhS eht e scitsannmyC tcejorP .scinehtsilaC rof yllibOM SULP scinehtsilaC ottegorp led illevil 3 i ittuTARO IGNIUGCAioinsnecet el ettuu azziausIV.etaroligim onos acisif amrof aim al e ativ aim al e erastu ad elicaf otlom "A ppaadL atA nomiS ad otadiug ,eriuqes ad elicaf.onroig ni onroig id "Aip id "op nu itrengips a itratuia rep anamittes ni anamittes id ecsidergorp e emeismi ossom neb "A onaip II. azzerrucis e oicifeneb omisam li ertnarg rep itnemivom i enopmocs nomiSlotnemom isaislaug ni ,eugnvuo elibom artselap anu eresse id oproc led A"ticapac al aenilottoS .oirassecen otneimaigapiuqe nussen o omimin noc ilibissecca itneamanella id oremun otrec nu onos iC fannargorp oteuq id A"ticilpmes al e azzelleb al etnemroirethu eraenilottos emoc os on e .2 ollevil id avorp adnoecs aim al ereduclnoc rep otS .ehcincet ellus lairoutf ious ien icigoloisif ittepsa aoprocn emoc "A atA nomiS id oma ehc oleuq e ,azneics al rep enoissap anu oH !ossetis ateltaallad etnematterroc acinet al eraf emoc us lairoutf id eires anu onos ic e .ssentif id ollevil ingo enoizaredisnoc ni ednerP .odnoforp len ottird attub it non ammargorp li iuc ni odom li "E Aras Aras e itnednerpros onnaras itatulsir i ,enoizamrof artsof allen enoizartecnoc al e opmet li ettem is odnauq OLLEVL A Dead habituation. Mastering body control and learning to defy gravity will continue to motivate you to train more and learn more".LEVEL 3In the advanced level, we focus on harder exercises. At the end of this level, you'll be an advanced calisthenics athlete.The goal is to train your body to do movements such as easel bridge, hand push-ups, pull-ups with one arm, front lever and more.In addition to the 6 weeks of training exercises, Level 3 comes with the following bonus tutorials:Human flagBoardsRear leverFront leverPistol SquatDesign your program6+ WEEKSPRE-REQUISITES: 15+ chin bars, 5 wall push-ups, 20-second retaining lever, control board 20 seconds.\$30Project Calisthenics is a modular program designed for all fitness and skill levels. Most movements can be performed without equipment, but a resistance band is strongly recommended.The only weight you need is your body weight!Whether you are a complete beginner or a more experienced athlete, this program will test you in new ways.NO GYM. DON'T WEIGHT. MINIMUM EQUIPMENT.ALL LEVELS OF FITNESS. Train WHEN YOURS. WHERE YOU WANT.FOREVER.Project Calisthenics is exclusively available on the Fit! mobile app for iOS and Android. Access to the app is free with any level purchase, there is no recurring subscription, and the program never expires.Work at your own pace and repeat any movement or level whenever you want. What equipment do I need to run this program?Project Calisthenics requires minimal equipment. Many of the exercises can be done using furniture at home (for example, you can dive between two chairs and you can queue under the edge of a table). You're gonna need something to chin-up on. All you need is a set of rings or a pull bar. For the first level, you'll have enoizartecnoc enoizartecnoc e enoizoid at allad ,lautta A"ticapac eut ellad e ssentif id ollevil out lad ednepidT'erarapmi rep Arrow ic im opmet ot nauQ,izresse inucla noc itratuia rep aznettsiser id aicsaf anu id And on what movements you choose to spend more time. Like all fitness regiments, gymnastics is more a journey of construction of strength that a destination. There is always something new to learn and you will always be strong along the way. Enjoy the trip! After I join, how do I get the program? Once you register you will receive the instructions for email to download the fit app! to access the program. Make sure to access the app using the same email with which you paid so that the system recognizes you. So is a discount if I buy more than one level at a time? You save 20% if you buy the bundle package with all 3 levels, or if you are a more advanced athlete you can buy levels 2 and 3 together for a 15% discount. All levels Bundle+ Simonter NutritionPrchase all 3 levels and obtain access to the 4-week performance meal of Simonter to power your workouts with your specific objectives in mind, 24 weekend-inquisites: none \$ 204 \$ 111 (45% discount) This program helps you to build the strength and technique that you need to master over time in order to perform these advanced calls movements in the end. Project Calisthenics is provided with tutorials for the following skills and more! I did my first hand push-up !! I have always had this as an OMG goal I am so happy: D I started at level 2 but I think I will be ready for #3 in a few weeks! -Garret PSimon is one of the most competent athletes in this sport. I like how science always explains behind every movement and progression. I'm gaining strength and learning my body every day! -Dick I always wanted to train like Simonter Haha! Thanks for the program. I love the app. Everything seems excellent. I am already seeing some solid earnings of strength, especially in my pranche slipped - Jared Aget Startedlevel 1Quest level focuses on the routines Building the upper body and strength of the nucleus and instill the correct technique through repetition. Need a band of resistance with this level. Oltre at 12 weeks of training exercises, training, 1 It is provided with the following bonus content: Basic body weight terms, concepts and forms and perfect variations muscle-up of the rings tutorial12+ Weekspre-Requtes: none \$ 30level 2ndeivi to have a body weight force for this level. The goal here is to start training the skills such as the plan, push-up palm and front lever. In addition to the 6 weeks of training exercises, level 2 is equipped with the following bonus tutorials: muscle-apens muscle-upper backgrounds, front of the front of the front Seconds front lever \$ 30Ad Level 1 - \$ 30Acquista all levels + Simonster Nutrition - \$ 111 LEVEL ENTIPLY TUTORIAL VIDEO VIDEO FOR SKILLS RELATING TO YOUR ABILITY % when buying the level 2 and 3 beam! 3 level 2 - \$ 30 -purchase all levels + Simonster Nutrition - \$ 111Ad level 3 - \$ 30As purchase all levels + Simonter Nutrition - \$ 111get StarTedPrchase Levels 2-3 - \$ 50Ad Consigna Levels 2-3-\$ 50livelli 2-3 Bundlepurchase levels 2-3 together and savings 15%! Suitable for more advanced athletes.12 weeks \$ 60 \$ 50 (15% discount) pre-surface: 12 diving, 8 chin-up/pull-up, 10+ seconds take-off tuck lever



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