



CALISTATICS
GOD LEVEL
PROGRAM

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AD Workout LLC

CALISTATICS GOD LEVEL

Once you reach this level of static training mastery. Only you become your limit. You will begin to focus more on perfecting the movements you already know. You will start training mobility and flexibility more to reach the God Level Skills (Manna, One Arm Handstand, Press To Handstand Variations etc.) and combining movements into total sequences.

At this point maintenance of your skillset is pretty easy and maybe you start implementing rings too. Only few reach this level of strength and mastery. Let's never stop!

GOD LEVEL SKILL EXAMPLES

- 1 One Arm Handstand
- 2 V-Sit / Manna
- 3 Straight Arm Pressing Variations
- 4 Planche To Handstand Presses
- 5 One Arm FI/BI/Planche
- 6 Full Planche/ Maltese
- 7 Iron Cross
- 8 Longer & Cleaner Holds Of Basic Elements





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