

## Transcript

Kind: captions Language: en 00:00:00.160 --> 00:00:03.270 align:start position:0% You finally decided to start training. 00:00:03.270 --> 00:00:03.280 align:start position:0% You finally decided to start training. 00:00:03.280 --> 00:00:06.070 align:start position:0% You finally decided to start training. Great choice. But now the big question. 00:00:06.070 --> 00:00:06.080 align:start position:0% Great choice. But now the big question. 00:00:06.080 --> 00:00:08.470 align:start position:0% Great choice. But now the big question. Calisthenics or gym? One has you doing 00:00:08.470 --> 00:00:08.480 align:start position:0% Calisthenics or gym? One has you doing 00:00:08.480 --> 00:00:10.709 align:start position:0% Calisthenics or gym? One has you doing muscleups on a rusty bar at the park 00:00:10.709 --> 00:00:10.719 align:start position:0% muscleups on a rusty bar at the park 00:00:10.719 --> 00:00:13.669 align:start position:0% muscleups on a rusty bar at the park while the dog barks at you? The other 00:00:13.669 --> 00:00:13.679 align:start position:0% while the dog barks at you? The other 00:00:13.679 --> 00:00:15.829 align:start position:0% while the dog barks at you? The other has you waiting 20 minutes for a bench 00:00:15.829 --> 00:00:15.839 align:start position:0% has you waiting 20 minutes for a bench 00:00:15.839 --> 00:00:17.910 align:start position:0% has you waiting 20 minutes for a bench because some dude's busy scrolling Tik 00:00:17.910 --> 00:00:17.920 align:start position:0% because some dude's busy scrolling Tik 00:00:17.920 --> 00:00:21.029 align:start position:0% because some dude's busy scrolling Tik Tok. Both can bring you results, but 00:00:21.029 --> 00:00:21.039 align:start position:0% Tok. Both can bring you results, but 00:00:21.039 --> 00:00:23.990 align:start position:0% Tok. Both can bring you results, but which one actually fits you? Let me fix 00:00:23.990 --> 00:00:24.000 align:start position:0% which one actually fits you? Let me fix 00:00:24.000 --> 00:00:26.550 align:start position:0% which one actually fits you? Let me fix that. Before we even start, let's make 00:00:26.550 --> 00:00:26.560 align:start position:0% that. Before we even start, let's make 00:00:26.560 --> 00:00:28.310 align:start position:0% that. Before we even start, let's make sure we're on the same page. 00:00:28.310 --> 00:00:28.320 align:start position:0% sure we're on the same page. 00:00:28.320 --> 00:00:30.630 align:start position:0% sure we're on the same page. Calisthenics. That's raw primal 00:00:30.630 --> 00:00:30.640 align:start position:0% Calisthenics. That's raw primal 00:00:30.640 --> 00:00:33.110 align:start position:0% Calisthenics. That's raw primal training. Your body is the gym. No 00:00:33.110 --> 00:00:33.120 align:start position:0% training. Your body is the gym. No 00:00:33.120 --> 00:00:35.750 align:start position:0% training. Your body is the gym. No dumbbells, no machines, no fancy 00:00:35.750 --> 00:00:35.760 align:start position:0% dumbbells, no machines, no fancy 00:00:35.760 --> 00:00:38.069 align:start position:0% dumbbells, no machines, no fancy equipment. Just you and gravity duking 00:00:38.069 --> 00:00:38.079 align:start position:0% equipment. Just you and gravity duking 00:00:38.079 --> 00:00:40.150 align:start position:0% equipment. Just you and gravity duking it out. You're pushing, pulling, and 00:00:40.150 --> 00:00:40.160 align:start position:0% it out. You're pushing, pulling, and 00:00:40.160 --> 00:00:42.790 align:start position:0% it out. You're pushing, pulling, and moving like a human machine. Arms, legs, 00:00:42.790 --> 00:00:42.800 align:start position:0% moving like a human machine. Arms, legs, 00:00:42.800 --> 00:00:45.350 align:start position:0% moving like a human machine. Arms, legs, core, all firing together. At the start, 00:00:45.350 --> 00:00:45.360 align:start position:0% core, all firing together. At the start, 00:00:45.360 --> 00:00:47.910 align:start position:0% core, all firing together. At the start, it's the basics. Push-ups, pull-ups, 00:00:47.910 --> 00:00:47.920 align:start position:0% it's the basics. Push-ups, pull-ups, 00:00:47.920 -->

00:00:50.709 align:start position:0% it's the basics. Push-ups, pull-ups, squats, dips. But once you level up, you 00:00:50.709 --> 00:00:50.719 align:start position:0% squats, dips. But once you level up, you 00:00:50.719 --> 00:00:52.950 align:start position:0% squats, dips. But once you level up, you unlock the flashy stuff like plunch, 00:00:52.950 --> 00:00:52.960 align:start position:0% unlock the flashy stuff like plunch, 00:00:52.960 --> 00:00:55.350 align:start position:0% unlock the flashy stuff like plunch, front lever, or muscle-ups. Now, flip 00:00:55.350 --> 00:00:55.360 align:start position:0% front lever, or muscle-ups. Now, flip 00:00:55.360 --> 00:00:58.310 align:start position:0% front lever, or muscle-ups. Now, flip the coin. Weight training. basically the 00:00:58.310 --> 00:00:58.320 align:start position:0% the coin. Weight training. basically the 00:00:58.320 --> 00:01:01.510 align:start position:0% the coin. Weight training. basically the gym life here. It's barbells, dumbbells, 00:01:01.510 --> 00:01:01.520 align:start position:0% gym life here. It's barbells, dumbbells, 00:01:01.520 --> 00:01:04.070 align:start position:0% gym life here. It's barbells, dumbbells, cables, and every shiny machine staring 00:01:04.070 --> 00:01:04.080 align:start position:0% cables, and every shiny machine staring 00:01:04.080 --> 00:01:06.230 align:start position:0% cables, and every shiny machine staring at you. It's about loading external 00:01:06.230 --> 00:01:06.240 align:start position:0% at you. It's about loading external 00:01:06.240 --> 00:01:08.390 align:start position:0% at you. It's about loading external weight and engineering your body like a 00:01:08.390 --> 00:01:08.400 align:start position:0% weight and engineering your body like a 00:01:08.400 --> 00:01:11.190 align:start position:0% weight and engineering your body like a construction project. Add 5 lbs this 00:01:11.190 --> 00:01:11.200 align:start position:0% construction project. Add 5 lbs this 00:01:11.200 --> 00:01:13.510 align:start position:0% construction project. Add 5 lbs this week, five more next. You literally 00:01:13.510 --> 00:01:13.520 align:start position:0% week, five more next. You literally 00:01:13.520 --> 00:01:15.990 align:start position:0% week, five more next. You literally watch your muscles grow in real time. 00:01:15.990 --> 00:01:16.000 align:start position:0% watch your muscles grow in real time. 00:01:16.000 --> 00:01:18.789 align:start position:0% watch your muscles grow in real time. Both paths build strength. Both can pack 00:01:18.789 --> 00:01:18.799 align:start position:0% Both paths build strength. Both can pack 00:01:18.799 --> 00:01:20.710 align:start position:0% Both paths build strength. Both can pack on muscle, but they don't give you the 00:01:20.710 --> 00:01:20.720 align:start position:0% on muscle, but they don't give you the 00:01:20.720 --> 00:01:23.109 align:start position:0% on muscle, but they don't give you the same aesthetics or progression. So, the 00:01:23.109 --> 00:01:23.119 align:start position:0% same aesthetics or progression. So, the 00:01:23.119 --> 00:01:25.510 align:start position:0% same aesthetics or progression. So, the real question is, which one should you 00:01:25.510 --> 00:01:25.520 align:start position:0% real question is, which one should you 00:01:25.520 --> 00:01:30.310 align:start position:0% real question is, which one should you pick? Let's break it down. 00:01:30.310 --> 00:01:30.320 align:start position:0% 00:01:30.320 --> 00:01:32.710 align:start position:0% Before we even talk results, let's hit 00:01:32.710 --> 00:01:32.720 align:start position:0% Before we even talk results, let's hit 00:01:32.720 --> 00:01:35.109 align:start position:0% Before we even talk results, let's hit the one thing that makes or breaks most 00:01:35.109 --> 00:01:35.119 align:start position:0% the one thing that makes or breaks most 00:01:35.119 --> 00:01:37.990 align:start position:0% the one thing that makes or breaks most people. Money. Calisthenics basically 00:01:37.990 --> 00:01:38.000 align:start position:0% people. Money. Calisthenics basically 00:01:38.000 --> 00:01:41.749 align:start position:0% people. Money. Calisthenics basically free. Zero memberships, zero machines, 00:01:41.749 --> 00:01:41.759

align:start position:0% free. Zero memberships, zero machines, 00:01:41.759 --> 00:01:44.390 align:start position:0% free. Zero memberships, zero machines, zero excuses. Gravity doesn't charge 00:01:44.390 --> 00:01:44.400 align:start position:0% zero excuses. Gravity doesn't charge 00:01:44.400 --> 00:01:46.870 align:start position:0% zero excuses. Gravity doesn't charge rent. You can train in your room on a 00:01:46.870 --> 00:01:46.880 align:start position:0% rent. You can train in your room on a 00:01:46.880 --> 00:01:49.429 align:start position:0% rent. You can train in your room on a pull-up bar in the park or even a door 00:01:49.429 --> 00:01:49.439 align:start position:0% pull-up bar in the park or even a door 00:01:49.439 --> 00:01:51.830 align:start position:0% pull-up bar in the park or even a door frame if you're feeling creative. Want 00:01:51.830 --> 00:01:51.840 align:start position:0% frame if you're feeling creative. Want 00:01:51.840 --> 00:01:54.069 align:start position:0% frame if you're feeling creative. Want to upgrade? Grab some resistance bands, 00:01:54.069 --> 00:01:54.079 align:start position:0% to upgrade? Grab some resistance bands, 00:01:54.079 --> 00:01:56.389 align:start position:0% to upgrade? Grab some resistance bands, a pull-up bar, maybe some suspension 00:01:56.389 --> 00:01:56.399 align:start position:0% a pull-up bar, maybe some suspension 00:01:56.399 --> 00:01:58.709 align:start position:0% a pull-up bar, maybe some suspension trainer, but that's just extra sauce. 00:01:58.709 --> 00:01:58.719 align:start position:0% trainer, but that's just extra sauce. 00:01:58.719 --> 00:02:01.270 align:start position:0% trainer, but that's just extra sauce. The base game always free. On the other 00:02:01.270 --> 00:02:01.280 align:start position:0% The base game always free. On the other 00:02:01.280 --> 00:02:03.350 align:start position:0% The base game always free. On the other side, the gym is a different story. 00:02:03.350 --> 00:02:03.360 align:start position:0% side, the gym is a different story. 00:02:03.360 --> 00:02:05.190 align:start position:0% side, the gym is a different story. Sure, you can find a cheap gym, but 00:02:05.190 --> 00:02:05.200 align:start position:0% Sure, you can find a cheap gym, but 00:02:05.200 --> 00:02:07.510 align:start position:0% Sure, you can find a cheap gym, but you'll still have to spend at least \$40 00:02:07.510 --> 00:02:07.520 align:start position:0% you'll still have to spend at least \$40 00:02:07.520 --> 00:02:10.469 align:start position:0% you'll still have to spend at least \$40 a month just for access. Fancy gym with 00:02:10.469 --> 00:02:10.479 align:start position:0% a month just for access. Fancy gym with 00:02:10.479 --> 00:02:13.030 align:start position:0% a month just for access. Fancy gym with saunas and smoothies? You're kissing 00:02:13.030 --> 00:02:13.040 align:start position:0% saunas and smoothies? You're kissing 00:02:13.040 --> 00:02:15.750 align:start position:0% saunas and smoothies? You're kissing \$100 a month goodbye. Now, don't get me 00:02:15.750 --> 00:02:15.760 align:start position:0% \$100 a month goodbye. Now, don't get me 00:02:15.760 --> 00:02:18.229 align:start position:0% \$100 a month goodbye. Now, don't get me wrong, a gym membership is an amazing 00:02:18.229 --> 00:02:18.239 align:start position:0% wrong, a gym membership is an amazing 00:02:18.239 --> 00:02:20.630 align:start position:0% wrong, a gym membership is an amazing investment. Just make sure the maximum 00:02:20.630 --> 00:02:20.640 align:start position:0% investment. Just make sure the maximum 00:02:20.640 --> 00:02:23.670 align:start position:0% investment. Just make sure the maximum weight for the dumbbells isn't 20 kg. 00:02:23.670 --> 00:02:23.680 align:start position:0% weight for the dumbbells isn't 20 kg. 00:02:23.680 --> 00:02:25.350 align:start position:0% weight for the dumbbells isn't 20 kg. And if you're thinking about building a 00:02:25.350 --> 00:02:25.360 align:start position:0% And if you're thinking about building a 00:02:25.360 --> 00:02:28.470 align:start position:0% And if you're thinking about building a home gym, barbell plates, squat rack, 00:02:28.470 --> 00:02:28.480 align:start position:0% home gym, barbell plates,

squat rack, 00:02:28.480 --> 00:02:30.390 align:start position:0% home gym, barbell plates, squat rack, you're easily a grand deep before you 00:02:30.390 --> 00:02:30.400 align:start position:0% you're easily a grand deep before you 00:02:30.400 --> 00:02:32.790 align:start position:0% you're easily a grand deep before you even curl a dumbbell. So when it comes 00:02:32.790 --> 00:02:32.800 align:start position:0% even curl a dumbbell. So when it comes 00:02:32.800 --> 00:02:35.430 align:start position:0% even curl a dumbbell. So when it comes to finances, calisthenics wipes the 00:02:35.430 --> 00:02:35.440 align:start position:0% to finances, calisthenics wipes the 00:02:35.440 --> 00:02:36.920 align:start position:0% floor. 00:02:36.920 --> 00:02:36.930 align:start position:0% floor. 00:02:36.930 --> 00:02:39.750 align:start position:0% floor. [Music] 00:02:39.750 --> 00:02:39.760 align:start position:0% [Music] 00:02:39.760 --> 00:02:42.070 align:start position:0% [Music] If the cost is not a big deal for you, 00:02:42.070 --> 00:02:42.080 align:start position:0% If the cost is not a big deal for you, 00:02:42.080 --> 00:02:44.229 align:start position:0% If the cost is not a big deal for you, what about how easy it is to actually 00:02:44.229 --> 00:02:44.239 align:start position:0% what about how easy it is to actually 00:02:44.239 --> 00:02:46.710 align:start position:0% what about how easy it is to actually get started? On paper, calisthenics 00:02:46.710 --> 00:02:46.720 align:start position:0% get started? On paper, calisthenics 00:02:46.720 --> 00:02:49.509 align:start position:0% get started? On paper, calisthenics looks simple. push-ups, pull-ups, dips, 00:02:49.509 --> 00:02:49.519 align:start position:0% looks simple. push-ups, pull-ups, dips, 00:02:49.519 --> 00:02:52.229 align:start position:0% looks simple. push-ups, pull-ups, dips, no weights, just your body. How hard can 00:02:52.229 --> 00:02:52.239 align:start position:0% no weights, just your body. How hard can 00:02:52.239 --> 00:02:54.949 align:start position:0% no weights, just your body. How hard can it be? Well, most beginners can barely 00:02:54.949 --> 00:02:54.959 align:start position:0% it be? Well, most beginners can barely 00:02:54.959 --> 00:02:57.589 align:start position:0% it be? Well, most beginners can barely knock out five clean push-ups. And 00:02:57.589 --> 00:02:57.599 align:start position:0% knock out five clean push-ups. And 00:02:57.599 --> 00:02:59.910 align:start position:0% knock out five clean push-ups. And pull-ups, forget it. Most can't do a 00:02:59.910 --> 00:02:59.920 align:start position:0% pull-ups, forget it. Most can't do a 00:02:59.920 --> 00:03:01.830 align:start position:0% pull-ups, forget it. Most can't do a single one. Because the truth is, 00:03:01.830 --> 00:03:01.840 align:start position:0% single one. Because the truth is, 00:03:01.840 --> 00:03:03.910 align:start position:0% single one. Because the truth is, there's no lightweight mode in 00:03:03.910 --> 00:03:03.920 align:start position:0% there's no lightweight mode in 00:03:03.920 --> 00:03:06.390 align:start position:0% there's no lightweight mode in calisthenics. You're lifting your entire 00:03:06.390 --> 00:03:06.400 align:start position:0% calisthenics. You're lifting your entire 00:03:06.400 --> 00:03:09.190 align:start position:0% calisthenics. You're lifting your entire body from day one, whether you're 50 kg 00:03:09.190 --> 00:03:09.200 align:start position:0% body from day one, whether you're 50 kg 00:03:09.200 --> 00:03:11.509 align:start position:0% body from day one, whether you're 50 kg or 100. That's like jumping straight 00:03:11.509 --> 00:03:11.519 align:start position:0% or 100. That's like jumping straight 00:03:11.519 --> 00:03:13.750 align:start position:0% or 100. That's like jumping straight into hard mode before you've even 00:03:13.750 --> 00:03:13.760 align:start position:0% into hard mode before you've even 00:03:13.760 --> 00:03:15.750 align:start position:0% into hard mode before you've even touched the tutorial. And that makes 00:03:15.750 --> 00:03:15.760 align:start position:0% touched the tutorial. And that makes 00:03:15.760 --> 00:03:18.149 align:start position:0% touched the tutorial. And that makes progress slow. Your first

pull-up can 00:03:18.149 --> 00:03:18.159 align:start position:0% progress slow. Your first pull-up can 00:03:18.159 --> 00:03:20.790 align:start position:0% progress slow. Your first pull-up can take weeks, sometimes months of grind. 00:03:20.790 --> 00:03:20.800 align:start position:0% take weeks, sometimes months of grind. 00:03:20.800 --> 00:03:22.790 align:start position:0% take weeks, sometimes months of grind. Now, compared to the gym, it's basically 00:03:22.790 --> 00:03:22.800 align:start position:0% Now, compared to the gym, it's basically 00:03:22.800 --> 00:03:24.949 align:start position:0% Now, compared to the gym, it's basically beginner heaven. Dumbbells start as 00:03:24.949 --> 00:03:24.959 align:start position:0% beginner heaven. Dumbbells start as 00:03:24.959 --> 00:03:28.070 align:start position:0% beginner heaven. Dumbbells start as light as 2 kg. Cable machines where you 00:03:28.070 --> 00:03:28.080 align:start position:0% light as 2 kg. Cable machines where you 00:03:28.080 --> 00:03:30.550 align:start position:0% light as 2 kg. Cable machines where you can pick the tiniest plate and feel like 00:03:30.550 --> 00:03:30.560 align:start position:0% can pick the tiniest plate and feel like 00:03:30.560 --> 00:03:32.630 align:start position:0% can pick the tiniest plate and feel like a champ. Machines that literally guide 00:03:32.630 --> 00:03:32.640 align:start position:0% a champ. Machines that literally guide 00:03:32.640 --> 00:03:34.789 align:start position:0% a champ. Machines that literally guide you through the motion so you can't mess 00:03:34.789 --> 00:03:34.799 align:start position:0% you through the motion so you can't mess 00:03:34.799 --> 00:03:37.190 align:start position:0% you through the motion so you can't mess it up even if you try. A complete 00:03:37.190 --> 00:03:37.200 align:start position:0% it up even if you try. A complete 00:03:37.200 --> 00:03:39.830 align:start position:0% it up even if you try. A complete beginner can walk in, sit at a lat pull 00:03:39.830 --> 00:03:39.840 align:start position:0% beginner can walk in, sit at a lat pull 00:03:39.840 --> 00:03:42.390 align:start position:0% beginner can walk in, sit at a lat pull down, pick a weight that feels doable, 00:03:42.390 --> 00:03:42.400 align:start position:0% down, pick a weight that feels doable, 00:03:42.400 --> 00:03:44.070 align:start position:0% down, pick a weight that feels doable, and boom, they're already building 00:03:44.070 --> 00:03:44.080 align:start position:0% and boom, they're already building 00:03:44.080 --> 00:03:46.149 align:start position:0% and boom, they're already building strength long before they'd ever get a 00:03:46.149 --> 00:03:46.159 align:start position:0% strength long before they'd ever get a 00:03:46.159 --> 00:03:49.270 align:start position:0% strength long before they'd ever get a real pull-up. Rows, presses, curls, 00:03:49.270 --> 00:03:49.280 align:start position:0% real pull-up. Rows, presses, curls, 00:03:49.280 --> 00:03:51.350 align:start position:0% real pull-up. Rows, presses, curls, you've got 10 different ways to work 00:03:51.350 --> 00:03:51.360 align:start position:0% you've got 10 different ways to work 00:03:51.360 --> 00:03:53.750 align:start position:0% you've got 10 different ways to work every muscle to grow them faster. And 00:03:53.750 --> 00:03:53.760 align:start position:0% every muscle to grow them faster. And 00:03:53.760 --> 00:03:56.149 align:start position:0% every muscle to grow them faster. And faster wins mean way more motivation to 00:03:56.149 --> 00:03:56.159 align:start position:0% faster wins mean way more motivation to 00:03:56.159 --> 00:03:58.710 align:start position:0% faster wins mean way more motivation to keep going. For most total beginners, 00:03:58.710 --> 00:03:58.720 align:start position:0% keep going. For most total beginners, 00:03:58.720 --> 00:04:05.270 align:start position:0% keep going. For most total beginners, weightlifting is just the easier way in. 00:04:05.270 --> 00:04:05.280 align:start position:0% 00:04:05.280 --> 00:04:07.670 align:start position:0% Both calisthenics and the gym can get 00:04:07.670 --> 00:04:07.680 align:start position:0% Both calisthenics and the gym can get 00:04:07.680 --> 00:04:10.390 align:start position:0% Both calisthenics and the gym can get you

strong, shredded, and athletic, but 00:04:10.390 --> 00:04:10.400 align:start position:0% you strong, shredded, and athletic, but 00:04:10.400 --> 00:04:11.990 align:start position:0% you strong, shredded, and athletic, but they don't build the same kind of 00:04:11.990 --> 00:04:12.000 align:start position:0% they don't build the same kind of 00:04:12.000 --> 00:04:14.309 align:start position:0% they don't build the same kind of strength. Calisthenics is functional 00:04:14.309 --> 00:04:14.319 align:start position:0% strength. Calisthenics is functional 00:04:14.319 --> 00:04:16.150 align:start position:0% strength. Calisthenics is functional power at its core. You're not just 00:04:16.150 --> 00:04:16.160 align:start position:0% power at its core. You're not just 00:04:16.160 --> 00:04:18.390 align:start position:0% power at its core. You're not just pumping up your chest to flex in the 00:04:18.390 --> 00:04:18.400 align:start position:0% pumping up your chest to flex in the 00:04:18.400 --> 00:04:20.390 align:start position:0% pumping up your chest to flex in the mirror. You're teaching your body to 00:04:20.390 --> 00:04:20.400 align:start position:0% mirror. You're teaching your body to 00:04:20.400 --> 00:04:22.950 align:start position:0% mirror. You're teaching your body to move like a unit. Core locked, balance 00:04:22.950 --> 00:04:22.960 align:start position:0% move like a unit. Core locked, balance 00:04:22.960 --> 00:04:25.430 align:start position:0% move like a unit. Core locked, balance on point, coordination firing on every 00:04:25.430 --> 00:04:25.440 align:start position:0% on point, coordination firing on every 00:04:25.440 --> 00:04:27.430 align:start position:0% on point, coordination firing on every rep. It makes you feel like an actual 00:04:27.430 --> 00:04:27.440 align:start position:0% rep. It makes you feel like an actual 00:04:27.440 --> 00:04:30.629 align:start position:0% rep. It makes you feel like an actual athlete, not just someone who lifts. The 00:04:30.629 --> 00:04:30.639 align:start position:0% athlete, not just someone who lifts. The 00:04:30.639 --> 00:04:32.710 align:start position:0% athlete, not just someone who lifts. The gym, though, that's the undisputed king 00:04:32.710 --> 00:04:32.720 align:start position:0% gym, though, that's the undisputed king 00:04:32.720 --> 00:04:35.510 align:start position:0% gym, though, that's the undisputed king of muscle size. Machines and barbells 00:04:35.510 --> 00:04:35.520 align:start position:0% of muscle size. Machines and barbells 00:04:35.520 --> 00:04:37.830 align:start position:0% of muscle size. Machines and barbells let you go way beyond what body weight 00:04:37.830 --> 00:04:37.840 align:start position:0% let you go way beyond what body weight 00:04:37.840 --> 00:04:39.909 align:start position:0% let you go way beyond what body weight alone can do. Especially when it comes 00:04:39.909 --> 00:04:39.919 align:start position:0% alone can do. Especially when it comes 00:04:39.919 --> 00:04:42.390 align:start position:0% alone can do. Especially when it comes to legs. Yeah, pistol squats are cool, 00:04:42.390 --> 00:04:42.400 align:start position:0% to legs. Yeah, pistol squats are cool, 00:04:42.400 --> 00:04:43.909 align:start position:0% to legs. Yeah, pistol squats are cool, but they'll never hit the same as 00:04:43.909 --> 00:04:43.919 align:start position:0% but they'll never hit the same as 00:04:43.919 --> 00:04:46.150 align:start position:0% but they'll never hit the same as throwing plates on a bar and squatting 00:04:46.150 --> 00:04:46.160 align:start position:0% throwing plates on a bar and squatting 00:04:46.160 --> 00:04:48.150 align:start position:0% throwing plates on a bar and squatting double your body weight, even with a 00:04:48.150 --> 00:04:48.160 align:start position:0% double your body weight, even with a 00:04:48.160 --> 00:04:51.430 align:start position:0% double your body weight, even with a weighted vest. Plus, you get precision. 00:04:51.430 --> 00:04:51.440 align:start position:0% weighted vest. Plus, you get precision. 00:04:51.440 --> 00:04:53.749 align:start position:0% weighted vest. Plus, you get precision. Want to laser focus on your biceps, 00:04:53.749 --> 00:04:53.759 align:start position:0% Want to laser focus on your biceps, 00:04:53.759 -->

00:04:56.230 align:start position:0% Want to laser focus on your biceps, hamstrings, or shoulders?  
The gym hands 00:04:56.230 --> 00:04:56.240 align:start position:0% hamstrings, or shoulders?  
The gym hands 00:04:56.240 --> 00:04:58.469 align:start position:0% hamstrings, or shoulders?  
The gym hands you the exact tools to isolate every 00:04:58.469 --> 00:04:58.479 align:start  
position:0% you the exact tools to isolate every 00:04:58.479 --> 00:05:01.270 align:start  
position:0% you the exact tools to isolate every muscle. So, if you're chasing raw body 00:05:01.270  
--> 00:05:01.280 align:start position:0% muscle. So, if you're chasing raw body 00:05:01.280 -->  
00:05:03.270 align:start position:0% muscle. So, if you're chasing raw body control and athletic  
movement, 00:05:03.270 --> 00:05:03.280 align:start position:0% control and athletic movement,  
00:05:03.280 --> 00:05:05.510 align:start position:0% control and athletic movement, calisthenics is  
your weapon. But if your 00:05:05.510 --> 00:05:05.520 align:start position:0% calisthenics is your  
weapon. But if your 00:05:05.520 --> 00:05:08.950 align:start position:0% calisthenics is your  
weapon. But if your dream is maximum size, symmetry, and a 00:05:08.950 --> 00:05:08.960  
align:start position:0% dream is maximum size, symmetry, and a 00:05:08.960 --> 00:05:11.590  
align:start position:0% dream is maximum size, symmetry, and a physique that looks carved out of  
stone, 00:05:11.590 --> 00:05:11.600 align:start position:0% physique that looks carved out of  
stone, 00:05:11.600 --> 00:05:15.360 align:start position:0% physique that looks carved out of  
stone, the gym is your way. 00:05:15.360 --> 00:05:15.370 align:start position:0% the gym is your  
way. 00:05:15.370 --> 00:05:17.350 align:start position:0% the gym is your way. [Music]  
00:05:17.350 --> 00:05:17.360 align:start position:0% [Music] 00:05:17.360 --> 00:05:19.590  
align:start position:0% [Music] Getting results is one thing, but how 00:05:19.590 --> 00:05:19.600  
align:start position:0% Getting results is one thing, but how 00:05:19.600 --> 00:05:21.749 align:start  
position:0% Getting results is one thing, but how hard is it to actually get them? That's 00:05:21.749  
--> 00:05:21.759 align:start position:0% hard is it to actually get them? That's 00:05:21.759 -->  
00:05:24.230 align:start position:0% hard is it to actually get them? That's another thing.  
Weightlifting progression 00:05:24.230 --> 00:05:24.240 align:start position:0% another thing.  
Weightlifting progression 00:05:24.240 --> 00:05:26.870 align:start position:0% another thing.  
Weightlifting progression is simple. You lift a weight today, next 00:05:26.870 --> 00:05:26.880  
align:start position:0% is simple. You lift a weight today, next 00:05:26.880 --> 00:05:29.189  
align:start position:0% is simple. You lift a weight today, next week, add a little more or squeeze out  
00:05:29.189 --> 00:05:29.199 align:start position:0% week, add a little more or squeeze out  
00:05:29.199 --> 00:05:32.710 align:start position:0% week, add a little more or squeeze out one  
more rep. Boom. Progress. Stacking 00:05:32.710 --> 00:05:32.720 align:start position:0% one  
more rep. Boom. Progress. Stacking 00:05:32.720 --> 00:05:34.950 align:start position:0% one  
more rep. Boom. Progress. Stacking progressive overload is simple and one 00:05:34.950 -->  
00:05:34.960 align:start position:0% progressive overload is simple and one 00:05:34.960 -->  
00:05:37.270 align:start position:0% progressive overload is simple and one of the main factors to  
grow muscle. The 00:05:37.270 --> 00:05:37.280 align:start position:0% of the main factors to grow  
muscle. The 00:05:37.280 --> 00:05:39.670 align:start position:0% of the main factors to grow  
muscle. The numbers don't lie. And tracking progress 00:05:39.670 --> 00:05:39.680 align:start  
position:0% numbers don't lie. And tracking progress 00:05:39.680 --> 00:05:42.710 align:start  
position:0% numbers don't lie. And tracking progress is as easy as checking your log book.  
00:05:42.710 --> 00:05:42.720 align:start position:0% is as easy as checking your log book.  
00:05:42.720 --> 00:05:44.950 align:start position:0% is as easy as checking your log book. And  
with all the machines, dumbbells, 00:05:44.950 --> 00:05:44.960 align:start position:0% And with all

the machines, dumbbells, 00:05:44.960 --> 00:05:47.110 align:start position:0% And with all the machines, dumbbells, cables, kettle bells, the list of 00:05:47.110 --> 00:05:47.120 align:start position:0% cables, kettle bells, the list of 00:05:47.120 --> 00:05:49.430 align:start position:0% cables, kettle bells, the list of exercises is almost endless to hit your 00:05:49.430 --> 00:05:49.440 align:start position:0% exercises is almost endless to hit your 00:05:49.440 --> 00:05:51.670 align:start position:0% exercises is almost endless to hit your muscles from every angle. You will find 00:05:51.670 --> 00:05:51.680 align:start position:0% muscles from every angle. You will find 00:05:51.680 --> 00:05:54.070 align:start position:0% muscles from every angle. You will find the moves that click with your body and 00:05:54.070 --> 00:05:54.080 align:start position:0% the moves that click with your body and 00:05:54.080 --> 00:05:57.110 align:start position:0% the moves that click with your body and keep stacking wins. Calisthenics, that's 00:05:57.110 --> 00:05:57.120 align:start position:0% keep stacking wins. Calisthenics, that's 00:05:57.120 --> 00:05:59.270 align:start position:0% keep stacking wins. Calisthenics, that's a whole different type of grind. You 00:05:59.270 --> 00:05:59.280 align:start position:0% a whole different type of grind. You 00:05:59.280 --> 00:06:01.430 align:start position:0% a whole different type of grind. You can't just slap plates on your back. 00:06:01.430 --> 00:06:01.440 align:start position:0% can't just slap plates on your back. 00:06:01.440 --> 00:06:03.670 align:start position:0% can't just slap plates on your back. Progression means leveling up to harder 00:06:03.670 --> 00:06:03.680 align:start position:0% Progression means leveling up to harder 00:06:03.680 --> 00:06:06.710 align:start position:0% Progression means leveling up to harder variations. Regular push-ups. Next level 00:06:06.710 --> 00:06:06.720 align:start position:0% variations. Regular push-ups. Next level 00:06:06.720 --> 00:06:08.950 align:start position:0% variations. Regular push-ups. Next level is archer push-ups, then one arm 00:06:08.950 --> 00:06:08.960 align:start position:0% is archer push-ups, then one arm 00:06:08.960 --> 00:06:12.550 align:start position:0% is archer push-ups, then one arm push-ups. Pull-ups, try muscle-ups. Each 00:06:12.550 --> 00:06:12.560 align:start position:0% push-ups. Pull-ups, try muscle-ups. Each 00:06:12.560 --> 00:06:15.029 align:start position:0% push-ups. Pull-ups, try muscle-ups. Each new step can take months. That can feel 00:06:15.029 --> 00:06:15.039 align:start position:0% new step can take months. That can feel 00:06:15.039 --> 00:06:16.870 align:start position:0% new step can take months. That can feel frustrating if you're chasing fast 00:06:16.870 --> 00:06:16.880 align:start position:0% frustrating if you're chasing fast 00:06:16.880 --> 00:06:18.790 align:start position:0% frustrating if you're chasing fast progress, especially when tracking 00:06:18.790 --> 00:06:18.800 align:start position:0% progress, especially when tracking 00:06:18.800 --> 00:06:21.110 align:start position:0% progress, especially when tracking progress is more complicated. For 00:06:21.110 --> 00:06:21.120 align:start position:0% progress is more complicated. For 00:06:21.120 --> 00:06:23.990 align:start position:0% progress is more complicated. For long-term use, both keep you challenged, 00:06:23.990 --> 00:06:24.000 align:start position:0% long-term use, both keep you challenged, 00:06:24.000 --> 00:06:26.230 align:start position:0% long-term use, both keep you challenged, just in different ways. But calisthenics 00:06:26.230 --> 00:06:26.240 align:start position:0% just in different ways. But calisthenics 00:06:26.240 --> 00:06:28.790 align:start position:0% just in different ways. But calisthenics makes it harder to track your progress. 00:06:28.790 --> 00:06:28.800 align:start position:0% makes it harder to track your progress. 00:06:28.800 --> 00:06:31.110 align:start position:0% makes it harder to track your progress. If you want progress that's clear, 00:06:31.110 --> 00:06:31.120 align:start position:0% If you want progress that's clear, 00:06:31.120 --> 00:06:34.070 align:start position:0% If you want progress that's clear, simple, and measurable,

the gym is the 00:06:34.070 --> 00:06:34.080 align:start position:0% simple, and measurable, the gym is the 00:06:34.080 --> 00:06:36.790 align:start position:0% simple, and measurable, the gym is the fast lane. But if you love the grind of 00:06:36.790 --> 00:06:36.800 align:start position:0% fast lane. But if you love the grind of 00:06:36.800 --> 00:06:38.710 align:start position:0% fast lane. But if you love the grind of skill building and the discipline it 00:06:38.710 --> 00:06:38.720 align:start position:0% skill building and the discipline it 00:06:38.720 --> 00:06:41.510 align:start position:0% skill building and the discipline it takes, calisthenics offers a long-term 00:06:41.510 --> 00:06:41.520 align:start position:0% takes, calisthenics offers a long-term 00:06:41.520 --> 00:06:46.309 align:start position:0% takes, calisthenics offers a long-term journey like no other. 00:06:46.309 --> 00:06:46.319 align:start position:0% 00:06:46.319 --> 00:06:48.629 align:start position:0% Let's be real. Most people don't start 00:06:48.629 --> 00:06:48.639 align:start position:0% Let's be real. Most people don't start 00:06:48.639 --> 00:06:51.270 align:start position:0% Let's be real. Most people don't start training to master a plunchch or squat 00:06:51.270 --> 00:06:51.280 align:start position:0% training to master a plunchch or squat 00:06:51.280 --> 00:06:53.110 align:start position:0% training to master a plunchch or squat three plates. They just want to lose 00:06:53.110 --> 00:06:53.120 align:start position:0% three plates. They just want to lose 00:06:53.120 --> 00:06:55.350 align:start position:0% three plates. They just want to lose weight. But here's the truth. If your 00:06:55.350 --> 00:06:55.360 align:start position:0% weight. But here's the truth. If your 00:06:55.360 --> 00:06:57.510 align:start position:0% weight. But here's the truth. If your main goal is fat loss, neither 00:06:57.510 --> 00:06:57.520 align:start position:0% main goal is fat loss, neither 00:06:57.520 --> 00:06:59.830 align:start position:0% main goal is fat loss, neither calisthenics nor the gym alone is going 00:06:59.830 --> 00:06:59.840 align:start position:0% calisthenics nor the gym alone is going 00:06:59.840 --> 00:07:02.070 align:start position:0% calisthenics nor the gym alone is going to save you. The reality is this. 00:07:02.070 --> 00:07:02.080 align:start position:0% to save you. The reality is this. 00:07:02.080 --> 00:07:03.589 align:start position:0% to save you. The reality is this. Whether you're doing push-ups in the 00:07:03.589 --> 00:07:03.599 align:start position:0% Whether you're doing push-ups in the 00:07:03.599 --> 00:07:05.909 align:start position:0% Whether you're doing push-ups in the park or squats under a barbell, there 00:07:05.909 --> 00:07:05.919 align:start position:0% park or squats under a barbell, there 00:07:05.919 --> 00:07:08.230 align:start position:0% park or squats under a barbell, there are way better options to focus on 00:07:08.230 --> 00:07:08.240 align:start position:0% are way better options to focus on 00:07:08.240 --> 00:07:10.309 align:start position:0% are way better options to focus on weight loss. But pair your workouts with 00:07:10.309 --> 00:07:10.319 align:start position:0% weight loss. But pair your workouts with 00:07:10.319 --> 00:07:12.309 align:start position:0% weight loss. But pair your workouts with a proper diet and sprinkle in some 00:07:12.309 --> 00:07:12.319 align:start position:0% a proper diet and sprinkle in some 00:07:12.319 --> 00:07:14.469 align:start position:0% a proper diet and sprinkle in some cardio and you will build strength, 00:07:14.469 --> 00:07:14.479 align:start position:0% cardio and you will build strength, 00:07:14.479 --> 00:07:16.629 align:start position:0% cardio and you will build strength, muscle, and a physique that sticks 00:07:16.629 --> 00:07:16.639 align:start position:0% muscle, and a physique that sticks 00:07:16.639 --> 00:07:18.870 align:start position:0% muscle, and a physique that sticks around after the fat is gone. Saying 00:07:18.870 --> 00:07:18.880 align:start position:0% around after the fat is gone. Saying 00:07:18.880 --> 00:07:21.110 align:start position:0% around after the fat is gone. Saying that, if you're overweight and just 00:07:21.110 --> 00:07:21.120 align:start position:0% that, if you're

overweight and just 00:07:21.120 --> 00:07:23.270 align:start position:0% that, if you're overweight and just starting out, calisthenics can feel like 00:07:23.270 --> 00:07:23.280 align:start position:0% starting out, calisthenics can feel like 00:07:23.280 --> 00:07:25.909 align:start position:0% starting out, calisthenics can feel like a straightup nightmare. A push-up means 00:07:25.909 --> 00:07:25.919 align:start position:0% a straightup nightmare. A push-up means 00:07:25.919 --> 00:07:28.550 align:start position:0% a straightup nightmare. A push-up means pushing your entire body weight. Same 00:07:28.550 --> 00:07:28.560 align:start position:0% pushing your entire body weight. Same 00:07:28.560 --> 00:07:31.510 align:start position:0% pushing your entire body weight. Same goes with pull-ups. 00:07:31.510 --> 00:07:31.520 align:start position:0% goes with pull-ups. 00:07:31.520 --> 00:07:33.510 align:start position:0% goes with pull-ups. This is where the gym pulls ahead. 00:07:33.510 --> 00:07:33.520 align:start position:0% This is where the gym pulls ahead. 00:07:33.520 --> 00:07:36.309 align:start position:0% This is where the gym pulls ahead. Machines, dumbbells, cables, everything 00:07:36.309 --> 00:07:36.319 align:start position:0% Machines, dumbbells, cables, everything 00:07:36.319 --> 00:07:38.710 align:start position:0% Machines, dumbbells, cables, everything can be scaled down. You can start light, 00:07:38.710 --> 00:07:38.720 align:start position:0% can be scaled down. You can start light, 00:07:38.720 --> 00:07:41.110 align:start position:0% can be scaled down. You can start light, build strength safely, and actually feel 00:07:41.110 --> 00:07:41.120 align:start position:0% build strength safely, and actually feel 00:07:41.120 --> 00:07:43.510 align:start position:0% build strength safely, and actually feel like you're progressing without dying on 00:07:43.510 --> 00:07:43.520 align:start position:0% like you're progressing without dying on 00:07:43.520 --> 00:07:46.629 align:start position:0% like you're progressing without dying on rep one. Plus, gyms come with built-in 00:07:46.629 --> 00:07:46.639 align:start position:0% rep one. Plus, gyms come with built-in 00:07:46.639 --> 00:07:49.510 align:start position:0% rep one. Plus, gyms come with built-in cardio machines, treadmills, bikes, 00:07:49.510 --> 00:07:49.520 align:start position:0% cardio machines, treadmills, bikes, 00:07:49.520 --> 00:07:51.589 align:start position:0% cardio machines, treadmills, bikes, ellipticals, perfect for burning extra 00:07:51.589 --> 00:07:51.599 align:start position:0% ellipticals, perfect for burning extra 00:07:51.599 --> 00:07:53.990 align:start position:0% ellipticals, perfect for burning extra calories and stacking the fat loss game. 00:07:53.990 --> 00:07:54.000 align:start position:0% calories and stacking the fat loss game. 00:07:54.000 --> 00:07:56.150 align:start position:0% calories and stacking the fat loss game. So, if your main mission is dropping 00:07:56.150 --> 00:07:56.160 align:start position:0% So, if your main mission is dropping 00:07:56.160 --> 00:07:58.070 align:start position:0% So, if your main mission is dropping weight, the gym just gives you an 00:07:58.070 --> 00:07:58.080 align:start position:0% weight, the gym just gives you an 00:07:58.080 --> 00:08:03.990 align:start position:0% weight, the gym just gives you an easier, more beginnerfriendly on-ramp. 00:08:03.990 --> 00:08:04.000 align:start position:0% 00:08:04.000 --> 00:08:06.150 align:start position:0% Did you know that the place you train in 00:08:06.150 --> 00:08:06.160 align:start position:0% Did you know that the place you train in 00:08:06.160 --> 00:08:08.550 align:start position:0% Did you know that the place you train in matters way more than you think? It can 00:08:08.550 --> 00:08:08.560 align:start position:0% matters way more than you think? It can 00:08:08.560 --> 00:08:10.629 align:start position:0% matters way more than you think? It can literally make or break your 00:08:10.629 --> 00:08:10.639 align:start position:0% literally make or break your 00:08:10.639 --> 00:08:13.430 align:start position:0% consistency. Calisthenics is basically 00:08:13.430 --> 00:08:13.440 align:start position:0% consistency. Calisthenics is basically 00:08:13.440 -->

00:08:16.150 align:start position:0% consistency. Calisthenics is basically pure freedom. Park, beach, even your 00:08:16.150 --> 00:08:16.160 align:start position:0% pure freedom. Park, beach, even your 00:08:16.160 --> 00:08:18.469 align:start position:0% pure freedom. Park, beach, even your living room, your body is the gym. That 00:08:18.469 --> 00:08:18.479 align:start position:0% living room, your body is the gym. That 00:08:18.479 --> 00:08:21.029 align:start position:0% living room, your body is the gym. That feels awesome until you realize it's all 00:08:21.029 --> 00:08:21.039 align:start position:0% feels awesome until you realize it's all 00:08:21.039 --> 00:08:24.550 align:start position:0% feels awesome until you realize it's all on you. No gym bros, no background hype. 00:08:24.550 --> 00:08:24.560 align:start position:0% on you. No gym bros, no background hype. 00:08:24.560 --> 00:08:26.629 align:start position:0% on you. No gym bros, no background hype. If you're training outside, your workout 00:08:26.629 --> 00:08:26.639 align:start position:0% If you're training outside, your workout 00:08:26.639 --> 00:08:29.990 align:start position:0% If you're training outside, your workout partner might be the rain, the blazing 00:08:29.990 --> 00:08:30.000 align:start position:0% partner might be the rain, the blazing 00:08:30.000 --> 00:08:34.149 align:start position:0% partner might be the rain, the blazing heat, or even snow. Some people thrive 00:08:34.149 --> 00:08:34.159 align:start position:0% heat, or even snow. Some people thrive 00:08:34.159 --> 00:08:36.949 align:start position:0% heat, or even snow. Some people thrive on that independence. Others, their 00:08:36.949 --> 00:08:36.959 align:start position:0% on that independence. Others, their 00:08:36.959 --> 00:08:39.430 align:start position:0% on that independence. Others, their motivation evaporates faster than a 00:08:39.430 --> 00:08:39.440 align:start position:0% motivation evaporates faster than a 00:08:39.440 --> 00:08:41.990 align:start position:0% motivation evaporates faster than a preworkout scoop in water. The gym 00:08:41.990 --> 00:08:42.000 align:start position:0% preworkout scoop in water. The gym 00:08:42.000 --> 00:08:44.790 align:start position:0% preworkout scoop in water. The gym environment itself pushes you. Music 00:08:44.790 --> 00:08:44.800 align:start position:0% environment itself pushes you. Music 00:08:44.800 --> 00:08:47.110 align:start position:0% environment itself pushes you. Music blasting, weights slamming, lights 00:08:47.110 --> 00:08:47.120 align:start position:0% blasting, weights slamming, lights 00:08:47.120 --> 00:08:49.590 align:start position:0% blasting, weights slamming, lights buzzing. 00:08:49.590 --> 00:08:49.600 align:start position:0% buzzing. 00:08:49.600 --> 00:08:51.829 align:start position:0% buzzing. Even if you don't say a word to anyone, 00:08:51.829 --> 00:08:51.839 align:start position:0% Even if you don't say a word to anyone, 00:08:51.839 --> 00:08:53.590 align:start position:0% Even if you don't say a word to anyone, you feel like you're part of something 00:08:53.590 --> 00:08:53.600 align:start position:0% you feel like you're part of something 00:08:53.600 --> 00:08:56.070 align:start position:0% you feel like you're part of something bigger. Watching someone hit a personal 00:08:56.070 --> 00:08:56.080 align:start position:0% bigger. Watching someone hit a personal 00:08:56.080 --> 00:08:57.910 align:start position:0% bigger. Watching someone hit a personal record next to you, suddenly you're 00:08:57.910 --> 00:08:57.920 align:start position:0% record next to you, suddenly you're 00:08:57.920 --> 00:09:00.230 align:start position:0% record next to you, suddenly you're pushing harder, too. Just walking into 00:09:00.230 --> 00:09:00.240 align:start position:0% pushing harder, too. Just walking into 00:09:00.240 --> 00:09:02.870 align:start position:0% pushing harder, too. Just walking into that place creates accountability. You 00:09:02.870 --> 00:09:02.880 align:start position:0% that place creates accountability. You 00:09:02.880 --> 00:09:05.829 align:start position:0% that place creates accountability. You show up, you train. The downside, that 00:09:05.829 --> 00:09:05.839 align:start

position:0% show up, you train. The downside, that 00:09:05.839 --> 00:09:08.230 align:start  
position:0% show up, you train. The downside, that same trip to the gym can also turn into  
00:09:08.230 --> 00:09:08.240 align:start position:0% same trip to the gym can also turn into  
00:09:08.240 --> 00:09:11.350 align:start position:0% same trip to the gym can also turn into the  
easiest excuse not to go. At the end 00:09:11.350 --> 00:09:11.360 align:start position:0% the  
easiest excuse not to go. At the end 00:09:11.360 --> 00:09:15.880 align:start position:0% the  
easiest excuse not to go. At the end of the day, it's all about your vibe. 00:09:15.880 -->  
00:09:15.890 align:start position:0% of the day, it's all about your vibe. 00:09:15.890 -->  
00:09:18.949 align:start position:0% of the day, it's all about your vibe. [Music] 00:09:18.949 -->  
00:09:18.959 align:start position:0% [Music] 00:09:18.959 --> 00:09:20.710 align:start position:0%  
[Music] Let's clear up some myths once and for 00:09:20.710 --> 00:09:20.720 align:start  
position:0% Let's clear up some myths once and for 00:09:20.720 --> 00:09:23.750 align:start  
position:0% Let's clear up some myths once and for all. Calisthenics does get an edge when  
00:09:23.750 --> 00:09:23.760 align:start position:0% all. Calisthenics does get an edge when  
00:09:23.760 --> 00:09:26.150 align:start position:0% all. Calisthenics does get an edge when it  
comes to mobility. But let's be real, 00:09:26.150 --> 00:09:26.160 align:start position:0% it comes to  
mobility. But let's be real, 00:09:26.160 --> 00:09:28.310 align:start position:0% it comes to mobility.  
But let's be real, both calisthenics and weightlifting are 00:09:28.310 --> 00:09:28.320 align:start  
position:0% both calisthenics and weightlifting are 00:09:28.320 --> 00:09:31.110 align:start  
position:0% both calisthenics and weightlifting are safe as long as you're not being sloppy.  
00:09:31.110 --> 00:09:31.120 align:start position:0% safe as long as you're not being sloppy.  
00:09:31.120 --> 00:09:33.670 align:start position:0% safe as long as you're not being sloppy. Bad  
form, ego lifting, garbage 00:09:33.670 --> 00:09:33.680 align:start position:0% Bad form, ego lifting,  
garbage 00:09:33.680 --> 00:09:35.430 align:start position:0% Bad form, ego lifting, garbage  
programming. That's where injuries 00:09:35.430 --> 00:09:35.440 align:start position:0%  
programming. That's where injuries 00:09:35.440 --> 00:09:37.829 align:start position:0%  
programming. That's where injuries happen, not the method itself. If you're 00:09:37.829 -->  
00:09:37.839 align:start position:0% happen, not the method itself. If you're 00:09:37.839 -->  
00:09:39.670 align:start position:0% happen, not the method itself. If you're clean with your  
technique, there's no 00:09:39.670 --> 00:09:39.680 align:start position:0% clean with your  
technique, there's no 00:09:39.680 --> 00:09:41.590 align:start position:0% clean with your  
technique, there's no reason either one should wreck your 00:09:41.590 --> 00:09:41.600 align:start  
position:0% reason either one should wreck your 00:09:41.600 --> 00:09:44.230 align:start  
position:0% reason either one should wreck your body. And no, weightlifting does not 00:09:44.230  
--> 00:09:44.240 align:start position:0% body. And no, weightlifting does not 00:09:44.240 -->  
00:09:45.990 align:start position:0% body. And no, weightlifting does not stunt your growth if you're  
young. 00:09:45.990 --> 00:09:46.000 align:start position:0% stunt your growth if you're young.  
00:09:46.000 --> 00:09:48.389 align:start position:0% stunt your growth if you're young. That's just  
another myth. In reality, 00:09:48.389 --> 00:09:48.399 align:start position:0% That's just another  
myth. In reality, 00:09:48.399 --> 00:09:50.630 align:start position:0% That's just another myth. In  
reality, lifting done right can boost bone 00:09:50.630 --> 00:09:50.640 align:start position:0% lifting  
done right can boost bone 00:09:50.640 --> 00:09:53.269 align:start position:0% lifting done right  
can boost bone density, support healthy development, 00:09:53.269 --> 00:09:53.279 align:start  
position:0% density, support healthy development, 00:09:53.279 --> 00:09:55.509 align:start  
position:0% density, support healthy development, and of course, build muscle. Bottom

00:09:55.509 --> 00:09:55.519 align:start position:0% and of course, build muscle. Bottom  
00:09:55.519 --> 00:09:57.910 align:start position:0% and of course, build muscle. Bottom line, both  
paths are safe and effective 00:09:57.910 --> 00:09:57.920 align:start position:0% line, both paths  
are safe and effective 00:09:57.920 --> 00:09:59.829 align:start position:0% line, both paths are safe  
and effective if you're doing it the right way. The 00:09:59.829 --> 00:09:59.839 align:start  
position:0% if you're doing it the right way. The 00:09:59.839 --> 00:10:01.750 align:start  
position:0% if you're doing it the right way. The only thing that'll really break you is 00:10:01.750 -->  
00:10:01.760 align:start position:0% only thing that'll really break you is 00:10:01.760 -->  
00:10:04.870 align:start position:0% only thing that'll really break you is your ego. 00:10:04.870 -->  
00:10:04.880 align:start position:0% your ego. 00:10:04.880 --> 00:10:07.190 align:start position:0%  
your ego. If your goal is to boost mobility, 00:10:07.190 --> 00:10:07.200 align:start position:0% If  
your goal is to boost mobility, 00:10:07.200 --> 00:10:10.389 align:start position:0% If your goal is to  
boost mobility, calisthenics takes the crown. You've now 00:10:10.389 --> 00:10:10.399 align:start  
position:0% calisthenics takes the crown. You've now 00:10:10.399 --> 00:10:12.790 align:start  
position:0% calisthenics takes the crown. You've now got the full picture of calisthenics in  
00:10:12.790 --> 00:10:12.800 align:start position:0% got the full picture of calisthenics in  
00:10:12.800 --> 00:10:15.110 align:start position:0% got the full picture of calisthenics in the gym,  
but nothing stops you from 00:10:15.110 --> 00:10:15.120 align:start position:0% the gym, but  
nothing stops you from 00:10:15.120 --> 00:10:17.750 align:start position:0% the gym, but nothing  
stops you from mixing both. The combo can give you the 00:10:17.750 --> 00:10:17.760 align:start  
position:0% mixing both. The combo can give you the 00:10:17.760 --> 00:10:20.310 align:start  
position:0% mixing both. The combo can give you the best of both worlds. And if you want to  
00:10:20.310 --> 00:10:20.320 align:start position:0% best of both worlds. And if you want to  
00:10:20.320 --> 00:10:22.389 align:start position:0% best of both worlds. And if you want to  
maximize your gains, click on this 00:10:22.389 --> 00:10:22.399 align:start position:0% maximize  
your gains, click on this 00:10:22.399 --> 00:10:25.399 align:start position:0% maximize your gains,  
click on this video.

# Summary

Failed during partial summarization.