



# Raising the Bar: The Definitive Guide to Bar Calisthenics

*Al Kavadlo*

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## **Raising the Bar: The Definitive Guide to Bar Calisthenics** Al Kavadlo

Master The Art of Bar Athletics and Forge the Upper Body of Your Dreams-Without the Need for Weights, Machines or Gym Memberships! The message is clear: you can earn yourself a stunning upper body with just 3 basic moves and 1 super-simple, yet amazingly versatile tool. And what's even better, this 3 + 1 formula for upper body magnificence hides enough variety to keep you challenged and surging to new heights for a lifetime of cool moves and ever-tougher progressions! Cast in the concrete jungle of urban scaffolding and graffiti-laden, blasted walls-and sourced from iconic bar-athlete destinations like Tompkins Square Park, NYC-Raising the Bar rears up to grab you by the startled throat and hurl you into an inspiring new vision of what the human body can achieve. No more slinking around as an under-developed and under-achieving shadow of your real potential Embrace Al Kavadlo's vision, pick up the challenge, share the Quest, follow directions-and the Holy Grail of supreme upper body fitness is yours for the taking. Raise the bar of your self-image, raise the bar on what it means to be a man, raise the bar on your fortitude, raise the bar on your toughness-and **BE THIS**: Stride down the mean streets with a whole new swagger-your etched set of washboard abs, your bristling pecs, your snarling forearms and your whipcord frame broadcasting a newfound strength and an animal vitality. Enter a room and command immediate, primal respect from male and female alike-as you exude a quiet sense of confidence and raw power. All this from a bar and 3 basic moves A word of warning to the wise, though: you'll discover drills included in Raising the Bar that take the wildest skill and the greatest of functional strength to pull off. Like any true Quest there are dragons to be faced here at your peril. Be inspired by the ultimate vision of human performance you'll see in many of the astonishing photos-but as Al Kavadlo would be the first to recommend, find a righteous band of training brothers and a solid training mentor if you are intent on attaining the greatest of feats that lay before you in Raising the Bar.

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