



CALISTHENICS

Calisthenic training, historically used by the army, has now become a very popular urban sport and competitive discipline in many countries. Calisthenic enthusiasts defy gravity by using their own body weight for training.

Our calisthenic racks were developed in collaboration with the best calisthenic teams in Canada for beginners who are perfecting their pull-ups, as well as enthusiasts of acrobatics and powerful displays of strength.

The progressive evolution of our system will help the novice become an expert at urban workouts.



Watch our Calisthenic's crew in action