Cal-O-Ween!

A dastardly, bastardly 21-day challenge to scare up new strength and bring your resilience back from the dead with the unbridled power of calisthenics + OS reset combos











Disclaimer!

You must get your physicians approval before beginning this or any exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity.

See your physician before starting any exercise or nutritional program. If you are taking any medications, you must talk to your physician before starting any exercise program, including *The Crawling Challenge*. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

It is strongly recommended that you have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you NOT use *The Crawling Challenge* workouts, please follow your doctor's orders.

All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this program, be sure that your equipment is well maintained, and do not take risks beyond your level of experience, aptitude, training, and fitness. The exercises and dietary programs in this program are not intended as a substitute for any exercise routine, treatment, or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise without proper instruction. Always perform a warm up before all forms of training.

2020 has been a rough year.

A world-wide pandemic. Mass lockdowns and government-enforced quarantines. Economies shuttered as everyone suddenly gets saddled with the burden of a now-uncertain future.

Despite the unenviable situation we now find ourselves in, perhaps you can take comfort in knowing that it could always be worse. And for some poor, unfortunate souls throughout history, it HAS been worse; much more so.

Case in point: Alexander Selkirk.

Selkirk was born in Scotland in 1676 and in the early 1700s became a privateer in the Royal British Navy. Back in those days, the Brits and the Spaniards hated each other's guts like the Capulets hated the Montagues; like the Hatfields hated the McCoys. Like everybody hates the Philadelphia Eagles. And as luck would have it, the high seas were a great place for them to duke it out in real time.

He was made Sailing Master (i.e. chief navigator) of the ship *Cinque Ports*, whose goal was basically to let enemy French and Spanish ships know who was boss by plundering and stealing their stuff.

Well, like any good Scot, Selkirk was a mouthy lad, and upon landing at the Juan Fernandes Island off the coast of Chile, he promptly told the captain Thomas Stradling that the vessel was better for hanging his crusty undies than sea faring (in not so many words), and the two got into a huge argument. Selkirk took all of his personal belongings off the ship, stood on the shore, and told Stradling he wouldn't get back on board until he agreed to fix the ship.

Stradling basically told him "your terms are acceptable", brought up the anchor, and sailed away, leaving the now-frantic Scotsman marooned on the island all alone. Filled with remorse at his decision, he ultimately decided to get busy living or get busy dying (to quote Andy Dufresne from *The Shawshank Redemption*).



Alexander Selkirk: Social Distancing World Champion 1704-1709

Things weren't all that great aboard the *Cinque Ports* either, as it turns out Selkirk was right: the ship sucked.

It ended up sinking, and Stradling and his crew were captured by the Spanish, tortured, and made slaves in South American work camps where (I can only presume) they wiled away the rest of their miserable lives.

Selkirk's story had a happy ending at least: 4 years and 4 months after being abandoned on the island, he was discovered by Captain Dampier, the captain of the fleet *Cinque Ports* was a part of.

Now, the interesting part of the story for most people is that Selkirk's story inspired a certain English author named Daniel Defoe to write a little novel (maybe you've heard of it) called *Robinson Crusoe* - widely hailed as the first English novel and the spark the ignited the realistic fiction genre.

But that's not the most interesting part to me.

The most interesting part is the physical transformation Selkirk underwent during his time on the island.

After running out of gunpowder early on (he had 1 pound of it, which - as you might imagine - doesn't last long if you've gotta stretch it out over 4 years), according to pop historian Ben Thompson:

"*Life in the wilderness made him strong and completely nuts, kind of like a mix of Bear Grylls, Tarzan, and Gary Busey. When he used up the last of his gunpowder and shot, Selkirk learned to catch goats simply by running them down on foot…his years in the wilderness made him stronger and faster than any man in the British Empire, and there are reports that when landing parties would go in search of food Selkirk would routinely outrun the expedition's trained hunting dogs and take down wild animals with his bare hands like some kind of insane nature-hating Middle Linebacker.*"

To tie the above quote together and pop a nice little bow on top, Selkirk didn't gain all of this strength, speed, and physical prowess by building a home gym with coconuts turned into kettlebells, tree limbs turned into barbells, and makeshift gymnastics rings carved out of who-knows-what common island item.

Selkirk did what we humans were always supposed to do:

Move!

And move *naturally* at that.

I often talk about the superior real-world strength wrought from hard labor jobs - from coal miners, lumberjacks, factory workers, farmers, and so on.

But nothing, it seems, even holds a candle to the level of strength and athleticism you can build from being marooned in the wilderness, left to your own devices and reliant 100% on your gawd-given natural physical abilities.

Lest you make the mistake of thinking that Selkirk was just a fluke, stories abound of “feral humans” who have either been raised by wolves (literally) or have been forced to live without human contact for many years.

Case in point:

The Wild Girl of Champagne



In 1731 a 10 year-old girl was found living in the wild of the Champagne region of France. There was no telling how long she had lived out there, but she was borderline supernaturally strong and athletic. She was taken on a hunting trip by the Queen of Poland (whose daughter was the Queen of France) and while on a visit she heard about this freaky wild girl. Doing what any good noble would do, she took her on a hunting excursion, and discovered she was able to outrun rabbits, which she promptly killed and ate.

As strength madman Jamie Lewis has noted, the ability to outrun a rabbit would mean you could set records in the NFL Combine in the 3-cone drill and the 20 yard shuffle - not to mention outmaneuver greyhounds.

That’s pretty freakin’ crazy.

The list could go on and on. There are the wolf children of India, the various feral children of Russia (sadly abandoned by their parents in the woods), who are reputed to be have been able to run *faster on four legs than most people can on two*, etc. which I probably don’t need to tell you is fuggin’ insane.

The one thing they all had in common is that they were essentially thrust back into the most ancient of human conditions, requiring them to do the most ancient of human tasks:

Move to survive!

Anything else to them was trivial.

Now, you and I are lucky; we don't live in these life-and-death situations, nor do we need to work on being able to run down goats, rabbits, or whatever else just for the sake of getting a bite to eat. So no need to try to learn how they managed that.

What we CAN learn, however, is the physical value of moving the way we were made.

As much as I love traditional exercise, it undoubtedly leaves some huge gaps in our physical development; gaps that can be remedied by getting back to our movement roots.

That is precisely what this challenge is all about.

So what ARE these "movement roots"? And how can we reclaim them?

The following are my musings on the topic, both from my personal reading and my personal experience with myself and my students over the course of the last 10 years.

1. **Embrace moving from point A to point B**

Most of the deliberate movement we do comes in the form of physical exercise - a great thing, to be sure. However, most of the exercises we do (particularly strength ones) involve moving in place. Everything from pushups to squats to swings and just about anything else you can think of is done while staying in the same 10x10 square foot area. Not exactly reminiscent of the rugged life that forged the magnificently capable human bodies we are heir to.

The solution?

Make a big part of your training moving from point A to point B.

Ido Portal, Israeli movement maestro and movement coach to Connor McGregor, has pointed out that some of the best conditioning you can do involves not standing in place, but moving from place to place. Movements like crawling, rope climbing, carrying, and more all fall under this category, and the level of real-world, no BS conditioning and strength they give you is truly second to none. And if you've ever done my crawling challenge, *The Gaitrix*, or *Februcarry*, you have experienced this first hand.

2. **Focus on movements that connect you to the floor**

One of the things that makes bodyweight training by itself so phenomenal is that it requires you to really master your daily tango with gravity by strengthening your body in an ever-increasing number of odd and awkward positions.

Odd and awkward is relative, of course, as your body is MADE to move in many of these positions; as children, these floor-based movements - crawling, rocking, rolling, running, jumping, etc - are what make us strong, healthy, and resilient in the first place.

Revisiting these movements as adults bodes well for reclaiming our strength, resilience, and physical vigor.

3. **Connect the tried-and-true traditional strength moves to the ancient & primal natural moves**

This is where things start to get interesting.

Many moons ago, I discovered (along with many others) that doing the Original Strength resets before, during, and after my workouts electrified my strength like putting a fork in an outlet (without all the negative side effects). My presses got easier, my squats got stronger, my swings got more powerful - everything just felt great.

After years of tinkering with this casually, I eventually put together a protocol designed to help you find the right reset for the right traditional strength move (my *Experimental OS Protocol*).

And eventually it struck me:

If the OS resets make me and my students so much stronger in the various kettlebell and bodyweight movements…what if I could come up with HYBRID versions that allowed me to do both at once?

And thus Mad Scientist Salkin was born.

I put on my proverbial lab coat (in this case a pair of gym shorts and a tank top), hit the deck, and got to meddling.

The biggest secret of them all is that *you've probably already experienced them*.

If you did *The Gaitrix*, *Bells & Bodyweight Boot Camp*, and a select few other programs of mine, you've already experienced just a small dose of this powerful hybrid concoction.

The theory behind it is this:

- The OS resets super charge your traditional strength movements by scaffolding them with even more fundamental, even more primal human movements, thereby unlocking loads of hidden, previously unused potential.

- The more you do the OS resets, the better they work. And the more you do traditional strength exercises (in this case calisthenics exercises in particular) the stronger, fitter, and better conditioned you get.

So…why not marry them together in swoly matrimony, Bride of Frankenstein-style?

I began testing them myself, and the results were undeniable.

And unlike the savage human-animal hybrids in *The Island of Dr. Moreau,* my calisthenics/OS hybrids are just what the doctor ordered. I've cranked out a ton of these in my Lifting Lab, but whittled down your options in this challenge to just a chosen few. Let's take a look.

Lower body

Rolling deck squat



The rolling deck squat is an oldie but a goodie. I originally stumbled across these NOT via OS, but via perhaps an unlikely source: Pavel Tsatsouline and Master SFG/Tae Kwon Do Grand Master Jon Engum.

In Pavel's landmark book *Beyond Bodybuilding,* he discusses a wide variety of topics; among them strength and conditioning for fighters. One of the movements is the rolling deck squat, as demonstrated by Steve Maxwell, Jiu Jitsu champion, exercise expert, and a past guest on the Joe Rogan experience.

Why they're great: they're a mix of a bodyweight squat and an egg roll - one of the rare (but potent) ways to mix rolling with squatting very seamlessly.

Cross crawl lunge



I had fiddled with these as long ago as 2016, but never trained them consistently or seriously. Then, after attending the OS Performance workshop in March of 2019, I was introduced to the Lunge Matrix by OS Instructor Mark Shropshire and started training them more seriously.

I included them as an essential element in my *Gaitrix* program earlier this year and they were a huge hit for good reason: they unlock your body and unleash your strength while improving how you move all at the same time.

Cross crawl hip thrusts



These are one of my favorite bodyweight and OS combos and I have yet to see anyone else doing them. Cross crawls + hip thrusts are practically a complete core drill. Since many experts consider the glutes an important part of a well-functioning core, these get them into the game in a big way as is. Add to that a cross crawl component and you're really in business.

Click HERE for a super-brief demo of all the above moves: **https://youtu.be/em3fyC1Roz0**

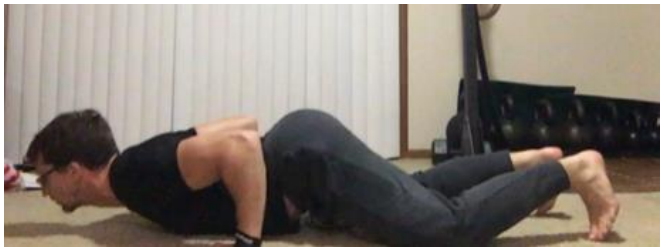
Upper body - Push

Hindu pushup



Perhaps much to your surprise, Hindu pushups with no modifications function as a great reset. They are essentially an advanced form of rocking, and have a long history of lending themselves to extremely high reps with no ill effect (wrestling legends such as The Great Gama used to do as many as 3,000 Hindu Pushups per day!).

Rocking pushup



If you went through *Pectember* (or my *2x Your Pushups in 2 Weeks* challenge) you already know I'm a big fan of using rocking to help you set your groove for pushups. An even cooler use of them is to simply rock right into your pushups and then rock out of them.

Not only does this allow you to get more use of your legs, core, back, and more, but it also further solidifies the connection between the two movements in your head while making standard pushups easier to build up to higher reps with, as rocking pushups allow you to use more momentum to complete the movement - something that is (rightly) frowned upon with standard pushups.

Elevated roll into pushup



One of the most productive ways to learn pushups is by learning to get your back muscles involved.

In fact, ALL pressing movements should recruit your back muscles, and this is one of the best ways to learn that skill.

Before each pushup, simply do 1 elevated roll on each side. Not only will it light up your upper back muscles, but your core, hips, legs, and heart & lungs will go along for the ride. It's also a great way to challenge your regular pushups as the time under tension you'll get in your shoulders, triceps, and more makes it that much more intense.

Click HERE for a brief demo of all the above moves => **https://youtu.be/slVir-DNRuQ**

Upper Body - Pull

Cross crawl row



I'm a big believer in the power of static holds - particular for calisthenics work, where individualized body position and mind-muscle connection are so incredibly important.

One of my favorite ways to train that is with a pause at the top/bottom of a given calisthenics movement. Add in an OS reset to really kick things up a notch and you're in business.

The cross crawl static row is a great example of this, as it requires you to hold a static position - either straight arm or bent arm - while simultaneously engaging in contralateral movement and stabilizing with the working arm.

All told, even though you're not exactly doing any traditional reps, you will most certainly feel it in the target muscles.

And if you ARE strong enough to do full reps and not JUST the static positions - well, the sky's the limit for your back, core, and grip strength.

Rock n' row



Much like the rocking pushup, the rock 'n row uses some momentum from the legs to get you from point A to point B. Even so, you still have to pull your way from start to finish, and the ability to use your legs means you can get them, your glutes, AND your back and grip engaged all at once - all while learning to initiate the pull from a somewhat awkward position at the bottom.

Crooked cross crawl row



When I lived in Jerusalem, I began doing these at a local playground in between sets of pullups, hanging, and other fun stuff and noticed that the cramp I got in my lat was really something else. We are not used to pulling in any way other than from out in front of us or overhead, but learning to pull from the side not only allows you to get in a heck of a back workout with very little resistance but also pile on the full-body resilience.

Click HERE for a brief demo of all the moves => **https://youtu.be/EFQyFtzfXUo**

Core

Side plank cross crawls



I'm a big believer in the importance of training the muscles on the sides of the body: the obliques, the glute medius, etc. There are not that many traditional moves that really hone in on this, and because most people are woefully weak on their sides, it's best to ease you in.

Enter side plank cross crawls.

Taking an otherwise lame exercise (the side plank) and adding cross crawls not only supercharges the movement, but adds next-level stability and bulletproof obliques and glute medius all at once. Big win all around.

Windshield wiper + leg raise



Another woefully overlooked OS reset is the windshield wiper. One of the great things about this move is that it introduces an especially important element of movement into your training vocabulary: twisting. Twisting is one of the 7 major strength movements, yet it is hardly trained by anyone anymore. I aim to fix that, and to add to the pain - uh, I mean pleasure - of the drill, I like to toss in a single bodyweight leg raise after each twist to the side. If your core isn't screaming, congratulations: you're probably a Replicant *a la* "Blade Runner".

Hollow position dead bugs



These made a strong appearance in *Dawn of the Deadbug*, and for good reason: they work like gangbusters to build brutish abs.

What's more, the hollow position is THE quintessential bodyweight strength posture, so you have to get good at it. Most bodyweight coaches and aficionados prefer to have you simply hold the static position for time, but you know me; I like to add a Hebrew Hammer-style twist to everything. So instead of simply holding them, why not add a stability challenge as well by doing dead bugs while you're holding the hollow position? The net effect is a stronger core, greater skill in the hollow position, and a tool that will help you carry over your newfound strength and resilience into your favorite calisthenics exercises - guaranteed.

Click HERE for a brief demo of all the drills => **https://youtu.be/LKtPqHMqc0s**

Putting it all together

So what's my wicked plan for you, you might be asking.

Well, just like a James Bond villain spilling the beans of his diabolical schemes to 007 just before attempting to kill him, I'll tell you (with the caveat, of course, being that I'm really a swell guy and not at all scheming to do anything but help you get strong and resilient).

For the next 21 days, you'll be doing a rotating series of the above exercises for 1 "accumulation set" totaling 31 reps.

Why 31 reps?

Because it's Spooky Season, and October has 31 days. Duh.

Plus, 31 reps is easy to knock out quickly, easy to recover from, and done with a sufficiently moderate variation, can easily be done daily with no ill effect.

Oh, and what's an accumulation set?

It's where you accumulate a total of the given number of reps (in this case 31) no matter how many breaks you have to take.

Ex: 18 Hindu pushups, rest briefly, 10 Hindu pushups, rest briefly, 3 Hindu pushups, move on to next exercise

In fact, you'll be doing them AFTER your regularly scheduled workouts as a sort of high-rep finisher (a hallmark of many old school strongman and weightlifters routines, done to improve their tendon and ligament strength while filling some gaps in their muscular development (mainly by hitting the "endurance muscles" - i.e. the slow-twitch muscle fibers).

All told, you can probably get them done in under 10 minutes, and in the process will fill in a ton of gaps, radically improve your movement and resilience, and set the stage for bigger, more bodacious PRs all along the way.

Your days will be broken up into 'A' days, 'B' days, and 'C' days.

A days:

- Deck squat
- Cross crawl side plank
- Cross crawl row
- Hindu pushup

'B' days:

- Cross crawl lunge
- Windshield wiper + leg raise
- Rock 'n row
- Rocking pushup

'C' days:

- Cross crawl hip thrust
- Hollow position dead bug
- Crooked cross crawl row
- Elevated roll + pushup

The main idea: try to make SOME progress somewhere each day:

- Fewer sets needed to accumulate 31 reps
- Less rest in between the sets needed to accumulate 31 reps
- Level up to tougher variations
- Etc.

By rotating the hybrid moves, not only are you hitting every conceivable nook, cranny, crevice, and corner of your Soft Machine, you're also better preparing your body to perform better at a movement you did a few days earlier, since it's had a chance to "rest" with that particular movement (all while you're staying active with related but dissimilar exercises)

In summary:

- Do a rotating series of hybrid OS + calisthenics drills daily
- Do them either a) AFTER your regular workout, or B) on your in-between days
- Accumulate a total of 31 reps in EACH exercise listed, resting as little as possible but as much as necessary. You want to push yourself, but you should also be picking variations that allow you to hit your numbers without killing yourself in the process. If in doubt, start easier first and trade up as it becomes a little too easy.

Finally, before you begin:

1. Test out some exercises for your TRM (technical rep max - as many QUALITY reps as you can perform in a single set. Quality means ALL the reps look identical - no forced reps!) This allows you to get a feel for how far you've come in a short period of time.

   If you are currently on a program, you should have some basic metrics already (i.e. how many presses you can do, how many squats, etc). If this is the case, instead focus on how smooth/strong/stable/confident each rep feels.

   You may also test out movements you're NOT currently training (ex: if you're training squats, test out lunges).

2. Review these rules:

   - Stay RELAXED for each hybrid move. This is essential not only for properly performing the Original Strength resets as it allows you to develop your reflexive strength, but trust me - you won't hang long with high rep movements if you're too tense. Save high tension for low-rep heavy movements.
   - Watch the above videos and find an appropriate variation for each move. When in doubt, start easier than you think you should; you can always work your way up to harder variations later.

Let's get started, shall we?

Week 1

Day 1 - 'A' day

Accumulate 31 reps in EACH of the following drills in the order listed before moving on to the next hybrid.

- Deck squats
- Cross crawl side plank (do 31 on EACH side)
- Cross crawl row (do 31 on EACH side)
- Hindu pushup

Day 2 - 'B' day

Accumulate 31 reps in EACH of the following drills in the order listed before moving on to the next hybrid.

- Cross crawl lunge (do 31 on EACH side)
- Windshield wiper + leg raise (do 31 on EACH side)
- Rock 'n row
- Rocking pushup

Day 3 - 'C' day

- Cross crawl hip thrust (do 31 on EACH side)
- Hollow position dead bug (do 31 on EACH side)
- Crooked cross crawl row (do 31 on EACH side)
- Elevated roll + pushup (do 1 roll on EACH side, followed by 1 pushup until you've done 31 pushups)

Day 4 - 'A' day - (strive to improve on your Day 1 numbers, even just by a little bit)

Accumulate 31 reps in EACH of the following drills in the order listed before moving on to the next hybrid.

- Deck squats
- Cross crawl side plank (do 31 on EACH side)
- Cross crawl row (do 31 on EACH side)
- Hindu pushup

Day 5 - 'B' day (strive to improve on your Day 2 numbers, even just by a little bit)

Accumulate 31 reps in EACH of the following drills in the order listed before moving on to the next hybrid.

- Cross crawl lunge (do 31 on EACH side)
- Windshield wiper + leg raise (do 31 on EACH side)
- Rock 'n row
- Rocking pushup

Day 6 - 'C' day (strive to improve on your Day 3 numbers, even just by a little bit)

- Cross crawl hip thrust (do 31 on EACH side)
- Hollow position dead bug (do 31 on EACH side)
- Crooked cross crawl row (do 31 on EACH side)
- Elevated roll + pushup (do 1 roll on EACH side, followed by 1 pushup until you've done 31 pushups)

Day 7 - REST

Week 2

Day 1 - 'A' day

Accumulate 31 reps in EACH of the following drills in the order listed before moving on to the next hybrid.

- Cross crawl row (do 31 on EACH side)
- Hindu pushup
- Deck squats
- Cross crawl side plank (do 31 on EACH side)

Day 2 - 'B' day

Accumulate 31 reps in EACH of the following drills in the order listed before moving on to the next hybrid.

- Rock 'n row
- Rocking pushup
- Cross crawl lunge (do 31 on EACH side)
- Windshield wiper + leg raise (do 31 on EACH side)

Day 3 - 'C' day

- Crooked cross crawl row (do 31 on EACH side)
- Elevated roll + pushup (do 1 roll on EACH side, followed by 1 pushup until you've done 31 pushups)
- Cross crawl hip thrust (do 31 on EACH side)
- Hollow position dead bug (do 31 on EACH side)

Day 4 - 'A' day - (strive to improve on your Day 1 numbers, even just by a little bit)

Accumulate 31 reps in EACH of the following drills in the order listed before moving on to the next hybrid.

- Cross crawl row (do 31 on EACH side)
- Hindu pushup
- Deck squats
- Cross crawl side plank (do 31 on EACH side)

Day 5 - 'B' day (strive to improve on your Day 2 numbers, even just by a little bit)

Accumulate 31 reps in EACH of the following drills in the order listed before moving on to the next hybrid.

- Rock 'n row
- Rocking pushup
- Cross crawl lunge (do 31 on EACH side)
- Windshield wiper + leg raise (do 31 on EACH side)

Day 6 - 'C' day (strive to improve on your Day 3 numbers, even just by a little bit)

- Crooked cross crawl row (do 31 on EACH side)
- Elevated roll + pushup (do 1 roll on EACH side, followed by 1 pushup until you've done 31 pushups)
- Cross crawl hip thrust (do 31 on EACH side)
- Hollow position dead bug (do 31 on EACH side)

Day 7 - REST

Week 3

Day 1 - 'A' day

Accumulate 31 reps in EACH of the following drills in the order listed before moving on to the next hybrid.

- Deck squats
- Cross crawl side plank (do 31 on EACH side)
- Cross crawl row (do 31 on EACH side)
- Hindu pushup

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- Hollow position dead bug (do 31 on EACH side)
- Crooked cross crawl row (do 31 on EACH side)
- Elevated roll + pushup (do 1 roll on EACH side, followed by 1 pushup until you've done 31 pushups)

Day 7 - REST

Week 4

Test out your moves - the ones you're currently training and/or the ones you're NOT currently training and see how you fare.

If you hit some major PRs, drop me a line in *The Hebrew Hammer's Hidden Hideaway*! I wanna hear all about it.

Go forth and rock!

You have the tools, you have the plan - now all that's left is to put it in action and reap the rewards of daily OS and calisthenics hybrids.

Be sure to keep a daily record of your workouts in *The Hebrew Hammer's Hidden Hideaway* and get the benefits of a group of like-minded people who want to help you succeed (including Yours Jewly) and will help you stay accountable, stay on task, and crush weakness.

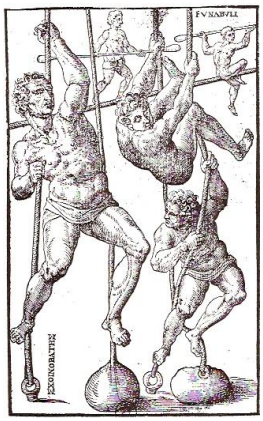
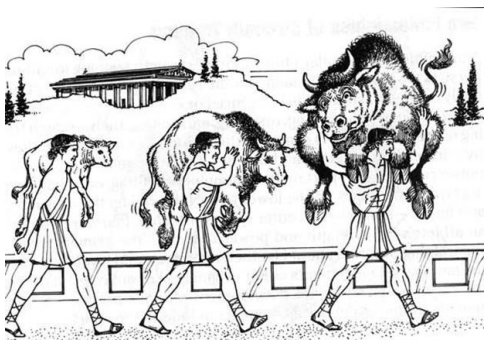
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Have fun and happy training!

Aleks "the Hebrew Hammer" Salkin

Take your old school strength to the next level with 'Crawl, Carry, Climb' – *the little-known but landmark 4-week program designed to get you back in touch with your ancient, primal strength – so you can*

Seize the day…by the throat!


If you like my monthly challenges, I know you're gonna LOVE *Cal-O-Ween*.

But what do you do when day 21 of *Cal-O-Ween* is over?

And how do you keep up the magic of the last few weeks without just going back and starting over at square one?

One way would be to hire Yours Jewly to whip you up a program – a sure-fire way to jack your strength levels into the stratosphere, and not just meet, but FAR EXCEED your strength goals.

If you're interested in going that route, drop me an email to apply; my monthly rate is $332, with a minimum 3-month commitment – equaling up to $997 for 3 months.

Expensive? You bet. Worth it?

My happy students would tell you…

"Every penny!"

But not everybody is in the position to invest that kind of time and money into their training – and I get that.

So if one of your goals is to make 2020 your best, strongest, most athletic year yet, you already know the importance of having a strong, stable, and rock-solid foundation to start from.

Enter ***Crawl, Carry , Climb.***

Originally sold as issue #19 of my popular *Inner Circle* monthly newsletter, I have kept this program tucked away tightly in my secret vault ever since (save for a brief period of time where I re-released it earlier this year). So to celebrate its anniversary – and the release of my 1st annual *Cal-O-Ween* challenge – I am dusting it off and re-releasing it once more to wreak havoc on your weakness while emboldening your strength gains.

"*So what is it?"* I hear you ask…

Crawl, Carry, Climb is the ultimate a crash course in all-around, old-school strength and work capacity to build real-world, no BS strength that will carryover not only into your favorite kettlebell and bodyweight lifts – such as pullups, squats, presses, pistols, etc – but will also build muscle, make you leaner, and all around harder to kill.

- How to bulletproof your joints with these primal movement patterns and toughen every nook and cranny of your body
- Why crawling is the last best kept secret for hand balancing feats such as handstands, elbow levers, and old school brute strength favorites like handstand pushups and one-arm pushups
- How to build a barn door back, kung fu grip, and beastly biceps with climbing – even if you don't own a rope (or can't do a single pullup)!
- The best double and single kettlebell carry variations to bust through plateaus in nearly every single kettlebell exercise
- Much, much more

And in celebration of this "double occasion", I am unshackling and unleashing the program for a mere fraction of the going rate for my *Inner Circle* back issues.

Instead of the usual $40, you can get your very own copy of *Crawl, Carry, Climb* for a mere **$20.**

After October 31st, I will be putting it back in the vault, taking back the offer, and don't plan to re-release this program ever again at any time – so now may be your first and last chance to get it.

To snag your digital copy, click the link here and climb aboard => **https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=5UJT8KMQRKATY**

Have fun and happy training!

Aleks Salkin