

Calisthenics Kingz taking fitness to a higher level

By NY Home Fitness Examiner, Janessa Mondestin
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Human Flag
George "Hit" Richards

He's not the Superman that flies around in a red cape and blue tights, but this "Man of Tomorrow" certainly has super abilities that can make the Last Son of Krypton green with envy.

George Richards, appropriately tagged as "HIT", impresses even the best of cynics with YouTube trailers of gravity defying moves with the ease, poise and grace of a gymnast. But he'll make it known that he "possesses no gymnastic background whatsoever; anyone can do this, as long as they are willing to master the basics".

His passion for Calisthenics began over a decade ago and the art form continues to challenge him today. He's a Professional Fitness Trainer with 14 certifications, enabling him to cater to an array of trainees, each being re-introduced to the World of Calisthenics.

So what does the future possess for HIT and his [Calisthenics Kingz's](#): of course, take over the world. And rightfully so! He credits his unique physique and control to his craft and will be launching his own Calisthenics facility soon. But in the meantime, check out HIT and Kylie (yes Ladies – we can do this too!) at Calisthenics Kingz [website](#). Subscribe to his [YouTube Channel](#) and [Facebook](#) page to keep your eyes and ears on for this guy because soon enough, he'll be up, up and away...

Tips and Tidbits from the Professional

Hit says Calisthenics...:

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