

Reviewed by Laura Anne Rega

Calisthenics Kingz Above and Beyond the Bar

2008; calisthenicskingz.net

Solid as a rock with a steel six-pack and muscle separations so deep you'd think he hits the gym every day, three times a day – at the very least. This describes the physique of George “Hit” Richards of the Calisthenics Kingz. But this modern-day Bronx-based Hercules doesn't frequent a gym at all. Instead of pumping iron daily, he pumps his own bodyweight – all to prove that a healthy, drug-free lifestyle can be obtained without a gym or any growth enhancers. The result: A display of strength and agility that is not only freaky to see, it's mind-blowing to believe.

Calisthenics Kingz is an organization of professional fitness gurus who promote fitness through natural bodyweight exercises known as calisthenics. Their new 32-minute action-packed video, coined *Above and Beyond the Bar*, stars Richards and Tiffany “The Perfectionist” Stoker. No, they are not breakdancers or professional gymnasts. They are simply personal trainers who believe in a “Four D System” – drive, dedication, discipline and determination.

Every workout performed by the Kingz is designed to develop muscle tone and promote physical well-being. They believe these types of exercises build inner strength, self-awareness, self-esteem and improve overall body strength and conditioning. To top off that list of accolades, calisthenics exercises also build balance, coordination, stability, posture and core development by using your bodyweight for resistance.

The video – which is complimented by upbeat hip-hop tunes to get your adrenaline flowing – jumps back and forth between different indoor and outdoor bodyweight exercises individually performed by George and Tiffany. Their goal is to challenge you to challenge yourself. “The meaning of that mission statement is you are your biggest and best competitor,” the Kingz say. “That's why it is a win-win situation. In other words, we are challenging you to be the absolute best you can possibly be.”

This is achieved through simple workouts that don't require machines or mirrors. All you have to do is focus on your



movement and muscles. They teach motor fitness (i.e., running, jumping, pushing and pulling) for everyone from beginners to pro athletes. Additionally, they encourage the consumption of a whole food, plant-based diet.

The star of the DVD – Hit, 34 – was born and raised in Manhattan and currently resides in the Bronx. Standing at 5-9, the muscleman is a fitness trainer who holds 13 international certifications for personal training. His parents are originally from Jamaica and the West Indies, and he has a sister who is serving in the military. “I have a passion for fitness and a drive to succeed,” Hit says. “I believe that drive in combination with dedication, determination and discipline is the key to achieving success in fitness and in life.”

As predicted, Hit's jaw-dropping workout consists entirely of calisthenics. “This helps to increase my inner strength and muscle synergy,” he says. “The key factors when I am training are mental focus and physical focus on form and the specific muscles I am targeting. I also push myself to achieve new personal fitness goals, which motivates me because I will not stop until the goal is met.”

Toward the end of this highly entertaining video, Hit performs handstand clapping push-ups that you have to see to believe. (continued on page 144)

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He also flaunts impressive handstand push-ups on top of a bar. His mission: “To help inspire the uninspired.” It is about time we all had that mindset, eh?

Hit's partner in suspending disbelief is 25-year-old Tiffany – a Dallas native who got her start in health and fitness as a basketball player in high school and a runner at the collegiate level. After graduating college with a bachelor's degree in business management, Tiffany pursued a career in business, but it didn't last long. Soon she realized that sitting behind a desk all day was not her forte and she had a much stronger desire to make a difference in the lives of others through fitness instruction.

Today, Tiffany is an ISSA-certified personal trainer who is pursuing both modeling/acting opportunities. Her current workout regime consists of resistance training, calisthenics, plyometrics and aerobic exercise. Watch Tiffany perform hanging knee raises from a chain on the

DVD and tell us if you're not in awe of all she can do.

Oh, and when you sit down for the first time to watch this eye-opening DVD, make sure you have your remote nearby. It might be a tad short, but you are definitely going to hit rewind a few times . . . there are some things you just won't believe!

Editor's Note: For more information on Calisthenics Kingz, visit the website calisthenicskingz.net or check out the site youtube.com/calisthenicskingz. Also look for the *Calisthenics Kingz* instructional DVD and the *Calisthenics Kingz and Harlem Seals* DVD, available soon.