

CTI a brief story of Close To Impossible.

Nowadays many calisthenics practitioners claim to have achieved the CTI but all these assisted attempts are not even close to a real CTI.

CTI is not an elite static isometric hold as planche or iron cross, it is a master level static hold a timeless strength movement that needs tendons and ligaments as steel cables and aesthetic muscles are not useful at all.

The last person who has achieved this extraordinary hold was the last Calisthenics strength legend of the new era, late Jasper Benincasa, period.