

CALISTHENICS

FREE PDF PROGRAM for BEGINNERS

LEARN HOW TO INCREASE THE INHERENT STRENGTH

REDACTED BY
CALISTHENIC
— OLD SCHOOL —



COPYRIGHT © 2018 by Old School Calisthenic

All rights reserved. No part of this eBook may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher.

The advice of a medical professional should be sought before participating in any physical activity or exercise program. Participation in physical exercise and training activities or following the nutrition advice outlined in this eBook, you do so entirely at your own risk. We shall in no event be held liable to any party for any direct, indirect, punitive, special, incidental, or other consequential damages arising directly or indirectly from any use of this material, which is provided “as is” and without warranties.

We disclaim any warranties with respect to the accuracy, applicability, fitness, nutrition, or completeness of the contents of this eBook. The information contained is strictly for educational purposes. Therefore, if you wish to apply the ideas contained in this eBook, you are taking full responsibility for your actions. No part of this eBook may be copied, shared, or changed in any format, sold, or used in any way under any circumstances.

Beginner Calisthenics was released on January 29, 2018. It is in the property and created by Old School Calisthenic company, registered in Baia Mare, Romania.

The eBook is published and can be freely downloaded from the website www.oldschool-calisthenic.ro

The author is Adorian Moldovan. You can check out his [Instagram Profile](#).

Introduction

My name is Adorian Moldovan, I am 27 years old, and I live in Romania.

Before I talk a little bit about myself, I invite you to follow my activity on Instagram because that is the place where you can get a more personal communication with me. On Instagram I upload meal samples, workouts, and links to the articles I personally write on my blog.

Tag me in your description's post anytime you need my help by simply using the hashtag *#oldschoolcalisthenic*. I typically reply within minutes. [Click to Visit my Instagram Profile](#). With that being said, I will now share a few more words about myself...

Everywhere I could find a Greek God illustration, I also found something related to bodyweight training. The ancestors of the Greeks used to train and get impressive results from doing calisthenics. Then I found that Bruce Lee and a lot of other boxers and martial artists have used calisthenics successfully.

I instantly fell in love with the idea of building a strong, functional, and muscular physique through bodyweight training, just like they did.

Therefore, I dedicated several years to calisthenics, which ultimately forged my body the way I wanted:



I gradually added around 18 kg [40 lbs.] of mass over a period of approximately four years. When I started to train with calisthenics, using the method presented in this eBook, I weighed roughly 72 kg [159 lbs.]. Now, as I write this program for you, I fluctuate between 88 and 90 kg [194 – 199 lbs.]. My height is 184 cm.

My goal wasn't entirely about aesthetics. I also wanted to achieve great physical performance by training with totally different methods. I often meet guys who tell me that it cannot be possible to build nice biceps, big pecs or massive legs with bodyweight training only. I achieved this goal too, and now I can prove to anyone that I am right, and that my methods of training work toward goals like the ones mentioned above.

Afterwards, my biggest goal was to inspire others to follow these methods of training to achieve great bodies, using my unconditional guidance.

As soon as people began constantly asking me about training and dieting, I founded Old School Calisthenic. With my website also came this free program, with the purpose of helping those unable to pay for training programs. My FREE Beginner Program will help you start the right way.

It is irrelevant for me to start talking about how I managed to accomplish my goals, as I would need to fill in several pages. But the bottom of line is that it wasn't easy at all. I suffered a lot through my journey, both mentally and physically. I always needed to get past injuries, frustration, personal issues and other external influences.

One thing is for sure and it might be my number one recommendation: Keep moving forward regardless of what happens in your life. Things will start going bad somewhere down the road and you will need to find the strength and resources to continue the fight. It is an endless struggle that lasts a lifetime. Until you accept this as a fact, you will never stay committed on the path, nor you will achieve any fitness goal.

Today, I have the same struggles as always: to maintain myself on the right course because I don't want to lose what I have achieved so far — especially now when I am building a career in calisthenics. The mindset, however, is very different compared with my humble beginnings. Now, I do not hesitate anymore when it comes down to doing things, because it is the right way. I don't get confused about training, dieting or even about life itself.

To conclude, I think that as long as you are ready to commit yourself, everything you desire can be accomplished with dedicated work and perseverance.

I won't say that calisthenics is the only path of achieving greatness when it comes to aesthetics and body functionality. But when it comes to making an individual into an athlete, calisthenics may be the best available and almost free tool possible.

Table of Contents

WHY CALISTHENICS OVER OTHER METHODS?	1
OLD SCHOOL CALISTHENIC' MISSION	5
ABOUT OSC'S BEGINNER CALISTHENICS PROGRAM	7
STRENGTH AND FITNESS LEVEL REQUIREMENTS	7
Requirements for the Program	9
WHAT TO EXPECT FROM BEGINNER CALISTHENICS EBOOK	10
SAY HELLO TO YOUR EXERCISES	12
Pushing Exercises	12
Pulling Exercises	14
Squat Variations and Exercises for Legs & Lowerback	17
Core Exercises	19
HOW TO PICK-UP EXERCISES	21
CREATE YOUR OWN TRAINING PLAN	24
FOLLOW AN AGENDA	24
The importance of an agenda	25
Here is what you can write in a journal or agenda	25
OSC'S METHODS OF TRAINING	25
Old School Calisthenics' training principles	26
STRENGTH TESTS	30
MY BEST TIPS FOR SUCCESS!	35
BEFORE AND AFTER EACH WORKOUT	37
PULLUP WORKOUTS	38
PROGRESSION	40
PUSHUP WORKOUTS	44

CORE WORKOUTS	49
LEG WORKOUTS.....	52
FULL-BODY TRAINING.....	58
YOUR TRAINING LOG!	59
HIGH-VOLUME CALISTHENICS WORKOUTS!	60



Why Calisthenics Over Other Methods?

My whole idea was borne out of the concept I already talked about. But there are more aspects that make calisthenics so special over other training methods. The best benefits of calisthenics are:

- It is a cheap sport, so it can be practiced almost for free as it doesn't necessarily require a gym membership, expensive clothes, or equipment. You can train with calisthenics in any outdoor park in your city.
- It utilizes all the muscles by making them work as a system, as opposed to isolation exercises performed on machines, which will only attack a few muscles at once.
- Calisthenics is mostly done utilizing compound exercises, which are the most natural way to achieve body inertia. For instance, pullups will always emphasize the biceps, back muscles, shoulders, abs, forearms, trapezes and chest. How much of each muscle the body is utilizing depends on resistance, body-alignment, grip and range of motion.

While this exercise engages many muscles at once, an exercise such as bicep curls using a machine will not bring nearly as many

benefits as pullups. Firsthand, it is an isolation exercise to emphasize only the biceps.

- It develops your body in a functional way. Compound movement is the reason why. Ligaments and tendons get plenty of work while performing complete moves as opposed to other exercises performed on machines, which will never work your tendons properly.
- It requires minimum of equipment. Over the course of almost 5 years, I don't think I have invested more than \$500 into this sport. This amount consisted of buying rubber bends for stretching or for extra resistance, a pair of gymnastic rings, and some other small tools, such as a weighted vest.

Not all of these are absolutely necessary, as someone can train without them and still get the same desirable results.

- It creates time efficiency. Whenever you don't have enough personal time, calisthenics is always a great approach because you can do a beast-mode workout even at home or at the office. In this way, you are not supposed to spend time on the road at the gym or waiting for others to make you some space at exercise machines.

Not to mention the fact that it is very easy to start endless conversations with the guys nearby. Your body becomes your own gym so whenever you are on vacation for a week or two, and you won't have to seek out the gym, as calisthenics can be done absolutely anywhere.

- It brings creativity out of you. I often found myself in under-equipped places for calisthenics or Street Workouts. I needed to improvise, like using the branch of tree as a pullup bar. The consequence this is that creativity will force you to be more active and passionate about what you do. It is less likely to get bored this way.
- Outdoor training will allow you to be in touch with nature. On occasion, you will have to suffer some extreme weather conditions, but there are also moments when training outdoors is a blessing of nature itself. I can remember a lot of sunny days in the spring, where I could listen to the birds while I was also getting a nice tan.
- It develops a balanced and raw physique compared to one built with bodybuilding and machines. That V-taper back you can get from doing bodyweight training is known as the best gift calisthenics has to offer.
- Contrary to what many bodybuilders say and know, calisthenics

develops the legs up to their potential because of the enormous variety of exercises available.

I am aware that many Street Workout enthusiasts have built an unbalanced physique. This happens because they are always more concerned about their upper bodies than they are about their legs.

They usually perform advanced calisthenics on bars, so they don't find anything attractive in doing squat variations to show off. Besides that, they don't need extra pounds to carry on. The lighter they are, the better they will perform. Every extra pound they get onto their legs will make them work afterhours to compensate with upper-body strength.

Thus, they neglect their legs which ultimately leads to aesthetical imbalances. By following this eBook, you will not have to worry about that, as I already included everything necessary to build a great set of wheels.

I am not into calisthenics for show. I am into this sport because I wanted to build a well-proportioned body. If you seek advanced calisthenics moves, then this program is not for you. But if you seek to develop a nice physique and good body strength, then you have found the right program.

- It enhances stamina and increases fitness level considerably. After you master the basics of calisthenics, you will notice that you will be able to lift a lot more than ever before.

I went to the gym occasionally to test my strength a bit, and I realized that although I hadn't deadlifted in years, I was still able to deadlift 160 kg for several clean reps and a couple of sets.

My speed and stamina were greatly improved, too. I had periods when I avoided running. Even so, I was still able to run at least the same distance and at the same intensity as before.

- Calisthenics is about doing a lot of full-body circuit workouts, too. These methods improve vascularity by forcing the lungs and heart to adapt and resist at high intensities for longer periods of time. Besides that, sprints are also exercises that belong under the umbrella of calisthenics, even though they are theoretically part of athletics. Training with sprints on high intensities over short intervals of time is a great way to enhance muscular endurance too.
- The variety of methods and exercises with which you can build a training log is vast. This is an advantage over other training meth-

ods because it simply eliminates boredom and gives you enough space to fill in different approaches, even when muscular soreness is becoming a regular occurrence.

The variety of possibilities calisthenics brings is also a reason why many people get so confused about it. Too many people don't know how to approach bodyweight training to get results and then, instead of working harder and smarter, they simply state that calisthenics just isn't the right way to build muscles.

- It can be a great way to build a shredded physique as well as a massive body. I am living proof that you can build a muscular physique that looks as good as it performs with beneficial lifestyle habits and without the consumption of steroids or supplements. I only mastered the basics and kept on them for long enough to improve.
- It is a cool sport and is eye-catching for the people nearby. On very few occasions when I went to the gym, people looked at me amazed at what I was doing there. This happened while I was doing some heavy deadlifts, muscle-ups and 60 kg pullups. I reckon this is a lot more spectacular and uncommon than doing bench press with heavy weights.
- It stimulates metabolism to work faster. If done outside it also increases appetite because you will have to deal with weather conditions. Besides that, it also stimulates the body to use stored fat as energy, especially when attempting full-body circuits.
- Working outside will energize you more because of the fresh air. Plus, nobody will force you to listen to music you don't like. To top it all off, you will probably never have to wait for somebody to finish his set — you will always have plenty of space to train.

My method of training also includes exercises or approaches from different kinds of sports and disciplines: athletics, swimming, box, martial arts. For this reason, and because I have practiced some of them in the past, I have now attained the knowledge and experience to teach you.

I considered everything I found useful and concentrated everything into what I do today.

Old School Calisthenic' Mission

You may wonder why am I so kind to give such a valuable program to the world for absolutely no money. The answer is complex, but simple in essence:

- I have flashbacks to the beginning of my calisthenics journey. One of the reasons I ended up training in public places was because I had no money to pay for a gym membership. Thus, I needed to improvise. A long time after that my economics were weak and I could never afford to pay for a program regardless of how much I wanted to learn. The majority of these programs have only paid products, and the good news is that some of them also offer free information through social media, YouTube videos, and blog articles, as I do.

This method requires a time investment, but if you are unwilling to pay, it is the best option you have. I am not against them at all as I also have paid products on my website. My formula is as follows: he who pays gets to sit first in line; and because they offer me a job, I can also offer free support to those who can't afford to buy.

Everything needs to be balanced in this universe, otherwise it would be in total disorder, which can lead to counterproductive activities. So, thanks to them, I am able to give this great program to help those truly in need.

- I like giving back even when the universe doesn't do it for me in return. I enjoy helping people, and online fitness allows me to do that, as I am very good at it. I want people to smile at the sound of my name because I once helped them accomplish something without asking for something in return.

My mission is:

1. To help you regain your basic strength you once had, or wish to gain for the first time.
2. To teach the basics of how you should start calisthenics the proper way. Many people first want to go to the gym to get a bit stronger before starting calisthenics. This is the wrong mentality because if you want to master calisthenics, then you must begin with it and not the other way around.
3. To give you the right workouts and methods of training that will help you progress further, from beginner to intermediate.
4. To give you practical tips to overcome any obstacles without getting confused.

5. To engage you by giving fitness purposes or challenges and also to encourage you join my community, where you can find like-minded people. They will support your journey too, and you can share wisdom amongst yourselves. [Join Here!](#)



About OSC's Beginner Calisthenics Program

STRENGTH AND FITNESS LEVEL REQUIREMENTS

Anyone who is a novice at calisthenics can start working with my program, unless you are exceeding your optimal weight.

Calisthenics is best described as bodyweight training. This means that we train using only our own weight as resistance against gravity. The intensity of an exercise is directly correlated with the resistance coming from your bodyweight over gravity. Thus, the lighter you are, the better and faster you will master calisthenics.

I used to coach a lot of people and their number one struggle was always with pullups. The majority of them couldn't even complete a single repetition. Here are the main reasons:

- You will find pullups near to impossible if your weight is high due to dozens of extra stored pounds.
- On the opposite side, a skinny guy, even if he is sedentary, has a greater chance of doing pullups. This is mostly because he is lighter, and not because he is stronger.

In other words, you will have to lose the extra stored fat and attain a relatively low percentage of it in order to be able to do a pullup or even a pushup correctly.

I don't believe that you shouldn't try to include some of the routines you will find herein, but if you are overweight, your major focus should be on cutting the excess fat. Afterwards, your chances of mastering this program will be highly increased. Nevertheless, it's impossible to see any aesthetical improvements if your bodyfat percentage is too high.

If that is your case, then I strongly recommend you to download my eBook about fatloss and dieting before approaching this program. The eBook is called [“Fresh Ideas for Losing Weight with Calisthenics & Nutrition”](#).

The eBook encompasses many calisthenics workouts, but they are slightly different than what's inside this one. It is a version adapted for overweight people.

The fatloss eBook is especially designed for those who don't want to follow strict diets that lead to starvation and eventually to health issues. It is about a balanced and healthy diet.

If you follow these steps, you will entirely change the way you look in six months. There, I included a variety of exercises, most of them focused on cardio (aerobic) training such as jogging, running and skipping rope. But, it also contains calisthenics routines.

The recommended workouts from the fatloss program fit any kind of fitness level. So, if you are exceeding your weight by more than 20 to 60 pounds and you're unable to jog or run, then my eBook will help you pass through the situation victorious. [Read More Here!](#)



This leaves us with the people for whom this program is dedicated:

1. For novices with a relatively low percentage of bodyfat who are unable to train with the most basic calisthenics exercises.
2. Mainly for those struggling with 1 to 5 pullups, pushups, dips and squats.
3. For males and females of any age.
4. For any beginner or enthusiast who is on a quest for a new fitness approach.

5. For beginners on a quest for injury-free training methods.

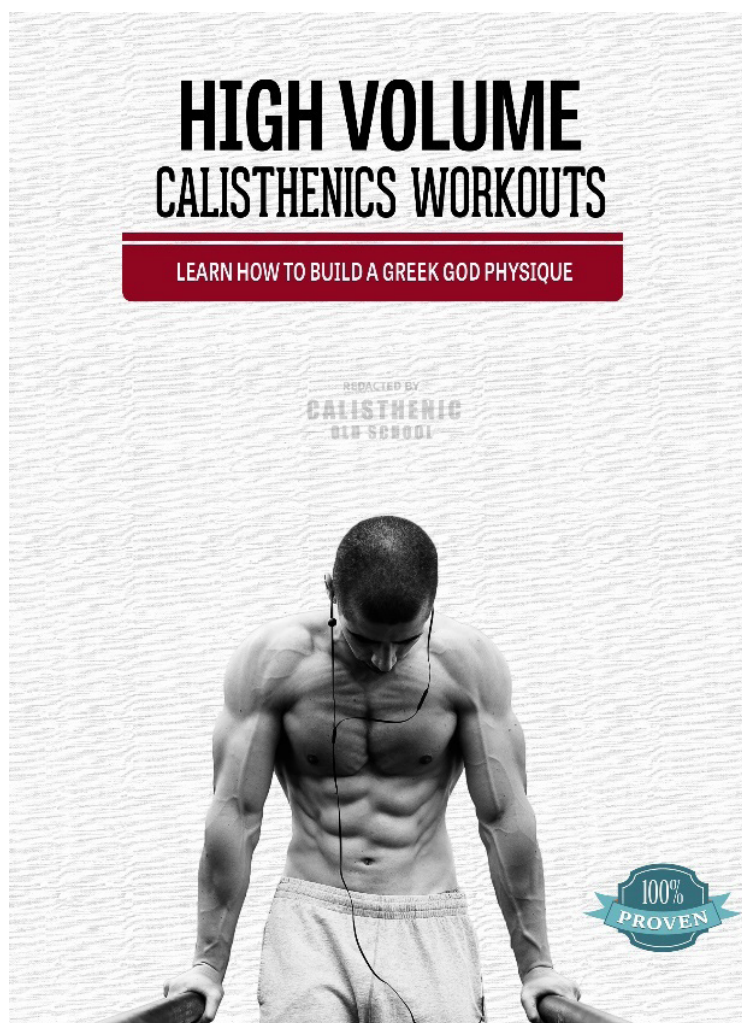
THE REQUIREMENTS FOR THIS PROGRAM, IN TERMS OF STRENGTH AND CONDITIONING, ARE ABSOLUTELY 0.

This means that you can use it even if you can't complete a single repetition for: dips, pushups, pullups, squats or leg raises.

However, my program is also for those who want to increase their fitness level.

People who shouldn't follow my free beginner program:

1. Calisthenics athletes of an intermediate level, or simply those who find this program too easy. For them, I have another training eBook that is more appropriate to their fitness level. It includes much harder training routines, and is called "[High-Volume Calisthenics Workouts](#)". It encompasses all the beast mode workouts I have ever done throughout the past years. [Learn More by Clicking Here!](#)



2. Overweight people, as they first need to get rid of their excess bodyfat before attempting this program.
3. Pregnant women, as I do not take responsibilities of their actions. If you are one of them however, then you do so entirely at your own risk.
4. Unsupervised children. Some of the routines here are also good for kids, but that is a topic for another discussion, as this eBook is mostly for people over 15 to 17 years of age.
5. People that will not stay committed with my program for at least 6 months.

WHAT TO EXPECT FROM BEGINNER CALISTHENICS EBOOK

1. The Beginner Calisthenics program will teach you how to master the most basic exercises.
2. These workouts will increase your overall strength so you can complete several pullups, dips, squats, and pushups, even if you may have never been able to do one repetition for any of them.
3. Some of the workouts are higher in intensity and complexity. They are meant to increase your overall muscular endurance. They will adapt your muscles so you can increase and sustain higher ranges of repetitions and sets.
4. You may expect strength and conditioning improvements in matter of 2 to 3 months.
5. After you will be able to train sustainably with the toughest workouts, you may notice some aesthetical improvements. Theoretically, you should gain more muscle definition, but do not expect to have notable gains in size. To grow in mass requires a lot more time and commitment than only 6 months. It will happen eventually if you stay on this path.
6. YouTube demos to see how each exercise should be performed: body-alignment, range of motion, speed, time under pressure, grip etc.
7. High-quality pictures to motivate and inspire you.
8. A personal assistance on Instagram or on my Facebook Group where you can also have the support of like-minded people.

9. At the end of my program you may expect to be in good physical shape and at a good fitness level. You will gain a basic conditioning level that will allow you to perform better in other sports too: swimming, martial arts, boxing, climbing, hiking, bodybuilding, cycling, athletics etc.
10. If you train outside and face some of the worst weather conditions, you may expect a better immune system and a more adapted body to cold and heat.
11. Improved stamina, which will allow you to breathe better while exercising, sprinting or running long distances. Your joints, ligaments and tendons will be well-trained so they can resist to any of these challenges.
12. Explanations and training methods that will lead you toward results similar to mine.

SAY HELLO TO YOUR EXERCISES!

To have a complete training log you will have to work with a variety of exercises, starting with the first big family:

PUSHING EXERCISES

These exercises primarily emphasize the following muscles: shoulders, triceps, pecs and back. Then, for stabilization, they will also engage the core (abs and lowerback muscles). The forearms and trapezes will also get plenty of work from doing pushing exercises.

I assigned a YouTube demo to each of the following exercises, presenting the form (body alignment), execution, speed, range of motion, grip and also the inclination (when relevant). Simply click on it and you will be forwarded to the video:

[Wall Pushups](#)

[Kneeling Pushups](#)

[Inclined Pushups](#)

[Wall-Assisted Handstand](#) (HS)

[Plank to Pushups](#)

[Regular Pushups](#) (Pushups)

[Wide Pushups](#)

[Declined Pushups](#)

[Triceps Extensions](#)

[Diamond Pushups](#)

[Bench Dips](#)

[Negative Dips](#)

[Straight-Bar Dips](#)

[Dips](#)

[Pike Pushups](#)

[Wall-Assisted Handstand Pushups](#) (HSPU)

[Skull-Crushers](#)

Exercises Divided on Muscle Groups They Engage		
Triceps	Chest & Back [more engagement on chest though]	Shoulders
Diamonds	Dips and Straight-Bar Dips	HS Pushups
All types of dips	Wide and Inclined Pushups	HS
HS & HS Pushups	Declined Pushups	Pike Pushups
Skull Crushers	Regular Pushups	Diamonds and Skull Crushers are engaging a bit of the shoulders too
Plank to Pushups		
All types of pushups		
Triceps Extensions		

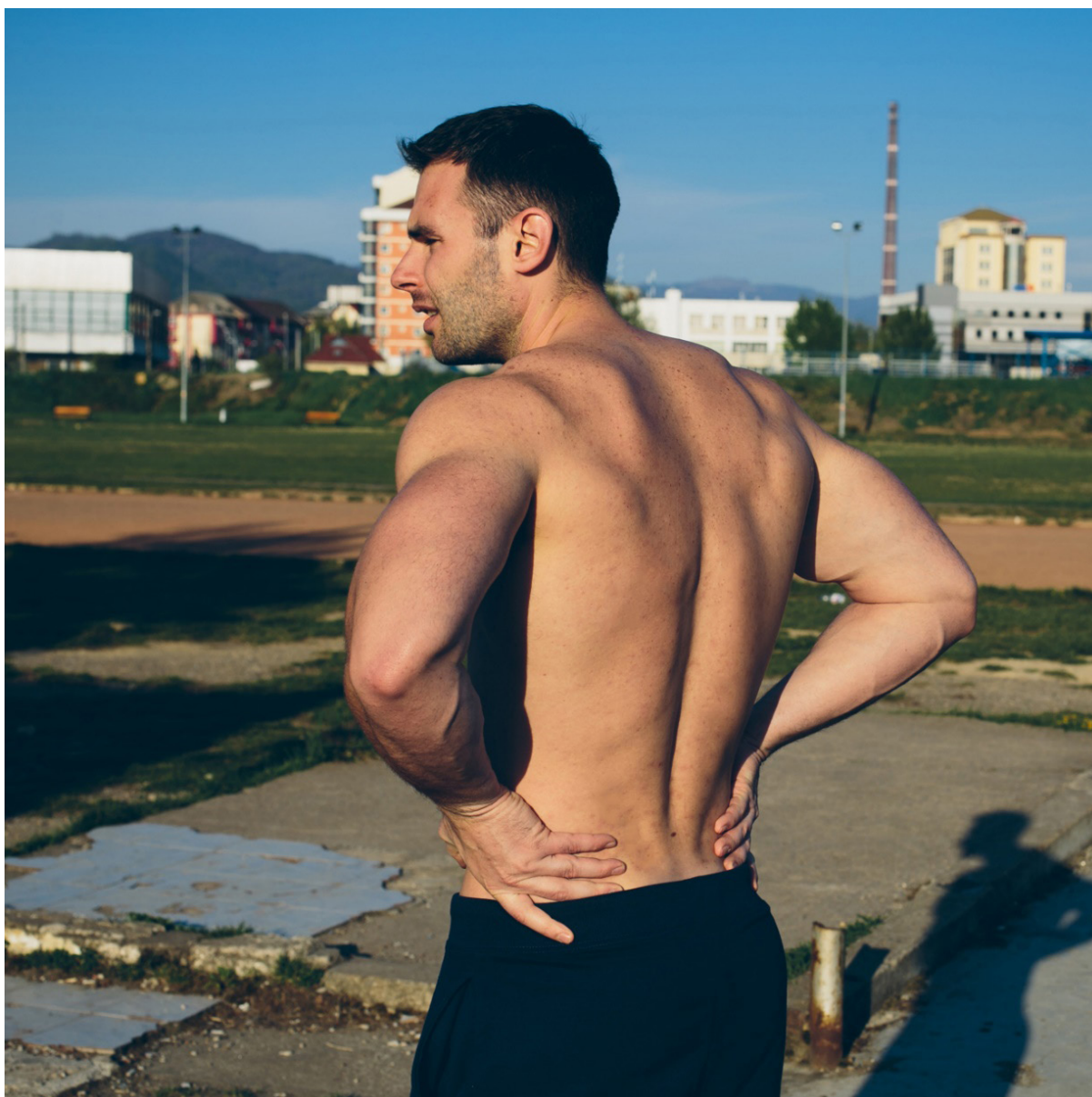
Basically, any kind of pushing movement engages the triceps, therefore I only included the best ones. I added this chart because, if you will want to create your own program, different from my own, it will be a lot easier for you knowing which exercise attacks a certain group of muscles.

For instance, I noticed that by doing Wall-Assisted Handstand Pushups, I got extreme muscle soreness in both my triceps and shoulders. Other times, my back and shoulders hurt me for days after training with dips and pushups. This is the beauty of calisthenics: muscles work as a system and not as a single unit. You can't isolate certain groups.

If you train your shoulders exclusively then you must know one thing: you will be unable to train your shoulders properly while your triceps are still in recovery. So, my suggestion is to merge exercises that emphasize both triceps and shoulders at the same time by choosing push and pull exercises.

The exercises I added into the chest category are also great for the back muscles. So, whenever you desire to get a proper chest and back workout, just consult this chart and the one related to pullups, too. I remember those pushup training sessions that left me with soreness in my back muscles, although I didn't do any pullups. This feeling is great.

I even remember someone who asked me how I train my lower back muscles. The truth is that a good squat and sprint session will engage not only your legs, but also your entire core (lowerback and abs). That is why you don't necessarily need to deadlift as long as you do the right bodyweight exercises, because they will engage your core a lot.



PULLING EXERCISES

Pullups are definitely one of the most important upper-body exercises available, and not just in the calisthenics world but also in fitness in general. Any professional athlete, bodybuilder, or powerlifter should consider building his arm strength, functionality, and back muscles with pullups.

They are good for more than just building a cobra back. Pullups also stimulate the growth of your guns and make your tendons and ligaments work more efficiently. I got a great raw and shredded upper-body from doing pullups:



Pullups are great because they develop a lot of muscle groups: biceps, fore-arms, shoulders, upper-back and lowerback too. I also noticed that some variations especially develop pecs, abs and trapezes.

These are the main pull exercises that any beginner should include in his workout:

[Hanging over a Pullup Bar](#) (Hangs)

[Negative Chinups or Pullups](#)

[Assisted Chinups or Pullups](#)

[Australian Pullups](#)

[Bicep Curls](#)

[Horizontal Pullups](#)

[Chinups](#)

[Regular Pullups](#) (Pullups)

[Commando Pullups](#)

[Wide Pullups](#)

[Close Grip Chinups](#)

[Close Grip Pullups](#)

Exercises Divided Based on the Muscle Groups They Engage				
Biceps	Back	Shoulders	Forearms	Chest
Bicep Curls	Regular Pullups	Wide Pullups	Hangs	Commando Pullups
Chinups	Wide Pullups	Close Grip Pullups	Any hanged pullup variation will work the forearms	Close Grip Chinups
Close Grip Chinups	Horizontal Pullups	Regular Pullups		Close Grip Pullups
Horizontal Pullups	Close Grip Chinups	Commando Pullups		
Regular Pullups	Close Grip Pullups	Horizontal Pullups		

SQUAT VARIATIONS AND EXERCISES FOR LEGS & LOWERBACK

The beauty of squat variations is that they actually engage all of your leg muscles, including the small and large ones at the same time. You will not have to include isolation exercises, nor seek any machines, as long as you incorporate the following.

Squats and some of the exercises I will show you engage not only the legs, but also the glutes, lowerback and spinal muscles. Here they are:

[Assisted Squats](#)

[Isometric Wall Sit Squats](#)

[Lunges or Walking Lunges](#)

[Regular Squats](#) (Squats)

[Close Squats](#)

[Sumo Squats](#)

[Jump Squats](#)

[Burpees](#)

[High Jumps/Extensions](#)

[Box/Stairs Jumps](#)

[Assisted One Leg Squats](#)

Sprints and Hill Sprints

[Jumping Rope](#)

[Jumping Jacks](#)

[Calf Raises](#)

[Short Bridges and One Legged Short Bridges](#)

[Straight Bridges](#)

[One Leg Squats](#)

[Bridges](#)

Running

Exercises Divided Based on the Muscle Groups They Engage				
Calves	Legs (overall)	Lowerback	Spinal Muscles	Glutes
Calves Raises	All Squats	All Squats	Bridges	Bridges
One Legged Calf Raises	Sprints	Sprints	Straight Bridges	All Squats
Skipping Rope	Hill Sprints	Hill Sprints	Sprints	Short Bridges
Jumping Jacks	Burpees	Short Bridges	Hill Sprints	One Legged Short Bridges
Hill Sprints	Straight Bridges	Straight Bridges	Burpees	Sprints & Hill Sprints
Sprints and Runs	Bridges & Jumps	Box Jumps		Jumps
Jumping Squats		Jumping Squat		Burpees
High Jumps		Bridges		Isometric Wall Sit Squats

Tips:

1. *Isometric Wall Sit Squats* are easy to perform and many of you will consider them useless. Their importance is paramount because they are a different type of exercise that don't require movement. This is an isometric exercise that develops static strength and enhances health in the joints. For mobility and healthy joints (ankles and knees in this case), you need to do this particular exercise because it attracts the synovial fluid inside the joints, which will enhance your performance. I often train with isometric wall sit squats, although I am pretty advanced and can do all lower-body exercise.
2. Calves are also built with squat variations. They activate the calves at a certain degree, but you should never rely on squats to develop diamond calves. Incorporate some specific exercises as I showed you already if they aren't properly developed yet.
3. For an effective legs routine, try to incorporate the most compound exercises, because they contract the whole muscle at once. They include burpees, squat variations, jumps, sprints.
4. Legs represent the biggest muscle group in the whole body, hence why a proper leg training session is a great way to improve vascularity. These sessions are great for conditioning, but also great as a weight-loss strategy — I always train my legs twice a week when I'm trying to reduce my bodyfat percentage.

5. A squat training session is anaerobic, and this is why I also integrated in some aerobic ones too: skipping rope, runs, jumping jacks. They complete each other and ultimately, they will complete you as an athlete.
6. Bridges are very effective at developing a strong spine, which will protect you from incidents and injuries as a lot of nerves can be found inside. Bridges are also great for increasing mobility and stretching the muscles or tendons. I only do them when I am warmed up. A good method is to start warming up with short and straight bridges. It is an exercise that will require hard work to be crafted. Work with some easier variations and also try it often because without a good mobility, you will never be able to fully stretch into a bridge position.

CORE EXERCISES

Abs and the lowerback are part of the core unit. Some of the lowerback exercises have already been presented in the previous category. What remain are the exercises that emphasize mostly the visible abs, abdominal plaque (hidden layer) and obliques. These exercises will also engage the lowerback to a certain degree, and they complete the ones coming from squats and bridges:

[Plank and Side Planks](#)

[Sit-Ups](#)

[Mountain Climbers](#)

Knees Raises: [ground](#), [bars](#) and [pullup bar](#)

Leg Raises: [ground](#), [bars](#) and [pullup bar](#)

[Flutter Kicks](#)

[V Raises](#)

Abdominal Plaque	ABS (superficial ones)
Leg Raises	Absolutely all the exercises altogether
All types of Leg Raises	
Planks	

The most important exercises of all are *Leg Raises Variations* and *Planks*. The *Sit-Up* is an exercise that only attacks the superficial abdominals, and that is why you should always incorporate it among leg raises.

Leg Raises are the ones that will engage all of your hidden and small muscles, not just the visible and superficial ones. The best way to improve your core strength to gain the ability of doing *L holds* or even *back lever* is by training a lot with *Leg Raises*.

There's even more to gain from these exercises, because doing *Leg Raises* while hanging from a pullup bar will also improve your grip strength. If you will do them hanging from a pullup bar, your lowerback will get plenty of work as well, but only if you control your motion as shown in the demo. The lowerback play a stabilization role in these exercises.

Planks are isometric exercises and they are great for improving mental toughness as well as muscular endurance throughout your whole body. It especially attacks the lowerback, glutes and abs. I notice when I do planks that my shoulders, legs, and calves get involved a lot, depending on how long I set aside to work out. Planks are also beneficial for increasing the static strength of your core. Advanced calisthenics exercise such as the *back lever* are largely dependent on core static strength, and many intermediate athletes use planks as a variation towards *back lever*:



How to Pick-Up Exercises to Engage Certain Muscle Groups

Raw strength is related to pure muscles. Muscular endurance, however, is the one that will give you the adaptability to resist more while performing. This skill is known as strength-endurance. It is also related to how defined the muscles are. In conclusion, to increase your overall strength (dynamic, static, maximal, endurance), you will need to train your muscles properly. They react and grow strong when you exhaust them. So, train for muscle failure each time you can!

To tone and grow muscle mass, you will have to achieve higher rep and set ranges. In other words, you will have to progress to the last workout charts in this eBook for that to happen. Muscles start to develop when they get plenty of volume, frequency and recovery.

In order to develop certain muscles, you have to know what exercises activate them so you can design your own training log:

Chest	Upper Back	Lowerback and Spinal Muscles	Triceps
Dips	Any kind of pullup variations and grips	Bridges of all kind	Wall-Assisted HS
Pushups: regular, inclined, wide and declined		Planks	Wall-Assisted HSPU
Straight-Bar Dips	Dips	Leg Raises Variations	Diamond Pushups
Commando Pullups	Wall-Assisted Handstand Pushups	Pushups (because of the plank position)	Dips Variations
Close Grip Chinups	Regular Pushups	Squat variations	Skull Crushers
		Hill Sprints	Triceps Extensions
		Burpees	Plank to Pushups
		Mountain Climbers	All sorts of pushups
		Horizontal Pullups (because of the isometrically alignment)	

Shoulders (rear and front delts)	Legs	ABS	Forearms
HS	All sorts of Squats	Leg Raises of all kind	Hangs from pullup bars
HSPU	Hill Sprints	Planks	Hanging Leg Raises Variations
Pike Pushups	Sprints	Mountain Climbers	Pullups of all kind
Dips	Burpees	Sprints	Pushup movements
Wide Pullups	Bridges of all kind	Burpees	
Pushups Variations	Jumps of all kind	Pullups (the body contracts abs as soon as you are pulling)	
Skull Crushers	Runs	Pushups (because of the plank position)	
Pullups of all kind		Jump Rope (as it reduces bodyfat percentage)	

Biceps	Calves	Glutes	Trapezes
Bicep Curls	Calves Raises	Bridges	HS
Chinups	One Legged Calf Raises	All Squats	HSPU
Close Grip Chinups	Skipping Rope	Short Bridges	Pullup Variations
Pullup Variations	Jumping Jacks	One Legged Short Bridges	Bridges
Horizontal Pullups	Hill Sprints	Sprints & Hill Sprints	Dips
Australian Pullups	Sprints and Runs	Jumps	Skull Crushers
	Jumping Squats	Burpees	
	High Jumps	Isometric Wall Sit Squats	

Take a closer look at the lowerback column and you will understand why it is possible to build them with calisthenics only. The majority of those exercises contract the lowerback as a consequence of their compound movement. Trapezes, calves, biceps, forearms, and even shoulders can belong underneath the roof of: chest, back, triceps, squats exercises. For instance, a great shoulder training session cannot be built without including both push and pull movements.

Do not panic just because I added too many exercises, because if you will consider them wisely, you will notice that with only 5 of them you can work many groups at once:

Triceps Workout (that also involves the pecs and shoulders)	Back Workout (that also work biceps, shoulders, trapezes and forearms)	Legs Workout (that also work the core and glutes)
HSPU	Wide Pullups	Hill Sprints
Dips	Pullups	Squats
Diamonds	Chinups	Burpees
Skull Crushers	Horizontal Pullups	Jump Squats
Pushups	Bicep Curls	Leg Raises

It doesn't ever matter how busy you might be because the example I gave you will require 3 workouts per week, and for no more than one hour per training session. That is a complete bodyweight workout that attacks all the muscle groups.

What exercises you will choose depends on your fitness level, and this subject is the topic of the following chapter.

Create Your Own Training Plan

In the following chapters of this program you will also learn about workouts that are already designed to fit different fitness levels.

But some of you will not be able to follow those strict workouts, and thus this chapter will teach you how to arrange your exercises to fit a personalized weekly training plan. I think that by now you already have an idea of my scheduling method but even so, some further explanations are mandatory.

FOLLOW AN AGENDA

You must have a clear-cut action plan before starting to work out. Don't go to a public park and start doing exercises without knowing what are you training for; you will never get the desired results. It's like being blindfolded and trying to reach your destination!

Creating your workout routines as a beginner is not that simple, nor is it very complicated. You must first:

- Understand the methods of training;
- Know the reasons why you must do certain exercises;
- Be aware of your goals;
- Know why you are doing calisthenics instead of everything else;
- Decide how much time you are willing to invest in training;
- Know how much volume (sets and reps) and how many exercises to add;
- Understand some of the basics of nutrition. ([Read about the Basics of Nutrition](#));
- Get a journal or agenda;
- Try different exercises to know what you can do or not, but also to be aware of your current fitness level. You can't scratch a training plan with exercises you are unable to execute. Thus, you will have to try them all for 1 to 3 sets to see how well you can perform, and for how many clean repetitions.

THE IMPORTANCE OF AN AGENDA

- An agenda actually helps you stick to your plan. You may find it to be a hurdle in the beginning, but a good workout plan soon becomes a habit;
- An agenda helps you measure progress. This makes you feel like all the effort you are putting in is worth something;
- It creates time efficiency and gives you goals to shoot for;
- It allows you to focus on the body parts you want to develop and is customizable according to your body composition.

HERE IS WHAT YOU CAN WRITE IN A JOURNAL OR AGENDA

- Your weekly workouts;
- The amount of reps and sets done;
- Notes on any pain, difficulty or discomfort felt during any particular movement;
- Hours of sleep, nutritional intake, anything else that you found related to training;
- Set goals for the next week;
- Exercises that no longer belong in your arsenal. At some point, you will progress and find *kneeling pushups* a useless exercise compared to *regular pushups*. When this progress happens, you will have to replace certain easy exercises with more intense ones. Your muscles will constantly need to be challenged with some tougher variations in order to grow.

OSC'S METHODS OF TRAINING

As you already figured it out by now, I haven't branded my website Old School Calisthenic because I liked how it sounds. I do like how the name resonates, but the main reason why I named it so is because my methods of training involve mostly very old and basic exercises.

I mostly utilize the oldest, compound, and simplest exercises ever invented. I haven't brought them into this world. They were available for us long before we were even born on this planet. I am grateful that this happened!

Some of the advanced calisthenics exercises that I have achieved so far were

crafted by doing basic calisthenics only. The consequence of my old school training method allowed me to enjoy doing some advanced moves, although I never did any specific and technical workouts on purpose.

Now I only train to look better and to inspire others. I am more concerned with aesthetics than I am in mastering a Human Flag. The good part of all these, however, is that training the way I do, even if it is mostly about appearance, allows you to become powerful as a second reward.

While I was training to transform my body, I also gained an enormous amount of strength. So far, my personal record is one pullup with around 72 kg attached to my body. If this is not a great strength, then I don't know what fitness means anymore.

OLD SCHOOL CALISTHENICS' TRAINING PRINCIPLES

1. Stick to basics. Forget about muscle-ups, levers, flags and one-arm chin-ups, as these exercises belong only to the most dedicated athletes and they are also only achievable over years of consistent work.
2. Train as often as possible. Strength is a skill; and a skill is quicker achieved when it's done repeatedly. The road from a sedentary lifestyle to one physically active is a hard one. I won't expect from you to do 4 workouts a week after you sat on couch for years. Start with 2-3 workouts for the following 2-3 weeks and then simply add more training sessions as you get more consumed with this new discipline.
3. Training your strength more often over the course of a week will mean that you will have to repeat certain compound exercises. If you are unable to complete a pullup or if you are struggling with a couple of repetitions, then consider adding a second pullup training session into that week. Every muscle group that needs to increase in strength and adaptability should be trained at least twice a week.
4. The total amount of your weekly workouts will determine the frequency with which you train. Hence, the frequency should be from 3 to 5 training sessions a week. 2 days of rest at the end of the week is more than enough to recover.
5. The best way to measure your progress and to know how much work you put in is to calculate the volume of your workouts done per training session and then per week. The number of repetitions you do will determine the volume. The repetitions are usually split

in sets and you must sum them all up.

For instance, if I do a pullup workout (consisting of 5 variations) and then at the end of the day I sum up the repetitions, counting all variations. I write in my agenda the volume that I have done. The following week, I know how much work I will have to put in to progress, because now I can compare with the previous week, right? This method helps me measure progress. Otherwise I wouldn't remember if I am more performant this week compared to the previous ones.

6. That is why I named one of my eBooks [High-Volume Calisthenics Workouts](#).

My methods of training involve doing as much volume as possible. To progress, you need to *increase the amount of volume*. The only comparison you will get is with yourself. Try to increase the number of sets and repetitions if possible, and if not, then add another workout during that week to help you fill in more volume in the end.

More specifically:

- Train 3 to 5 times a week, depending on your time availability.
- I recommend you train your pullups and pushups 2 times a week. If your free time will not allow it, then train them at least once a week.
- Train your legs at least once a week, but twice is better. One session could represent squats variations, and the second session could represent some sprints and jump roping.

If your time will only allow you to train the legs once, then try to merge sprints with jumping rope, burpees, and squats variations. Another method is to split your workouts: one week could be about squats and the following one about jumps and sprints.

Finish this 2-week plan and start all over again from the beginning by adding maybe a few more reps and sets to make sure you overcome the previous volume.

- Train your core specifically at least once a week. The advantage here is that in almost everything you do, your core will get plenty of work too.
7. Your workout should always start with the most difficult exercises and continue toward lighter exercises. For example:

HSPU

Dips

Diamonds

Inclined Pushups

Bench Dips

8. It is very difficult for a beginner to be aware that the volume that needs to be done. But I am here to help by giving a pattern. Everything else will be based on your own attitude. You must strive for more if you want to gain more. It's as simple as that!

Therefore, try to incorporate at least 4 variations (starting with the hardest one) for the same muscle group, like:

Pullup Routine	Pushup Routine	Legs Routine	Core Routine
Assisted Pullups	Dips	Assisted Squats	Leg Raises
Negative Chinups	Negative Dips	Walking Lunges	Knees to Chest
Hangs	Kneeling Pushups	Isometric Wall Sit Squats	Straight Bridges
Australian Pullups	Incline Pushups	Calf Raises	Planks

Pullups & Pushups	Pushup Routine	Legs Routine	Core Routine
Wide Pullups	HSPU	10 mins Jog	V Raises
Chinups	Straight-Bar Dips	10 Sprints x 50 meters	Leg Raises
Horizontal Pullups	Diamond Pushups	Burpees	Planks
HSPU	Skull Crushers	Squats	Leg Raises on Ground
Dips	Bench Dips	Walking Lunges	Sit-Ups
Pushups	Plank to Pushups	Jump Rope	Bridges
Bicep Curls			Straight Bridges

I gave you these two different examples. The first chart contains easier routines and the second one is for those who are more experienced. You can notice that the same muscle group has at least 4 variations to work with. My suggestion is to go for 5-6 if possible. That also depends on how many sets and repetition you will do for each exercise.

9. The amount of sets & reps varies a lot, as they are related to the amount of exercises you choose to work with. With experience comes self-awareness and the ability to approximate how many sets and reps you will be able to complete. Until then, I would say that each variation deserves at least 4 sets. The reps depend a lot on your fitness level. A guy who can't do more than 2 pullups will most likely try to do at least 4 sets of 1-2 reps before attempting easier variations like: negative chinups and Australian pullups.

Another guy who has a higher fitness level will incorporate some variations and try to do *as many correct reps as possible for each set*.

The most important thing here is not to do as many reps as possible; rather, the most important thing is to do as many qualitative reps as possible. Body-alignment and execution are extremely important, and I want you to execute every exercise smoothly and with the maximum range of motion possible. You will have to test yourself a bit, because unlike bodybuilding, calisthenics is about picking up the best variation in order to be able to perform adequately.

10. The *rest time* between sets and exercises *depends upon the type of workout you do*. Certain routines such as full-body circuits will have to be done with minimum rest. A classic sets & reps' workout [like those found herein] can have a determined pause.

As a general perspective you can rest somewhere around:

- 60 to 90 secs between sets;
- 2 to 3 minutes between variations;
- 2 days per week;
- 1 week of total rest at any 1-2 months of continuous training;
- No more than several days off during holidays and vacations.

When you will do circuit workouts (full-body/upper-body or lower-body), the pause between exercises is nonexistent. You will only rest after completing a cycle before starting all over again. A ladder type of workout (10-8-6-4-2 pullups) will require some minimum rest between sets, but no more than 60 to 90 secs between repetitions.

STRENGTH TESTS

I have already recommended you test your strength, but in this chapter, I will tell you exactly why and how.

Within the previous chapter I added two workout charts for two different fitness levels. You can't know whether a workout is hard or easy unless you try to do and finish them.

Before attempting a workout, you must test your strength for the most regular exercises: pullups, dips, pushups, HSPU, squats, jump rope, runs, sprints, leg raises, and maybe even bridges [this is not as important as the previous].

Try to do 2-3 sets of maximum repetitions for each, resting 4-5 minutes between sets. The outcome of this test will determine how your training log will be, as you will have a clearer idea on how to organize your exercises and which ones to pick up.

Don't stop with the regular variations. Test yourself with others as well, following the same pattern. But, don't test everything at once because your energy will drain rapidly. Take a full week to experiment with them all.

At some point, you will have to test some harder exercises, like: V Raises, HSPU, Bridges, Dips, Wide Pullups, Close Grip Pullups, Sprints etc. You must do it if you want to know when it's time to progress from one workout to another.

I also included sprints, jump rope and runs. Buy a cheap jump rope and try to see for how long you can jump it uninterrupted. If you are able to jump continuously for at least 30 secs, it means you can work out with it already. The best way to improve your skipping time is to practice more often, as Jump Rope is also a skill that must be crafted with patience and hard work. Anything between 30 seconds and 2 minutes is a time that allows you to train properly.

I usually do hill sprints and regular sprints. The distances are: 50, 100, 200, and 400 meters. I won't expect you to directly do 5 sprints of 400 meters, as this is a great challenge even for me. But any sprint that goes up to 50 to 100 meters will do the job. You can choose to sprint against a hill and for distances of 30 meters. That is fine too, because you can always play with the pauses and distance make a set more intense or easier.

Therefore, if you will incorporate Sprints into your training log, it is a great bonus from which you will benefit later. A sprint session of 40 to 100 meters, for 4 to 10 times will enhance your performance and aesthetics considerably over time. Besides that, sprints will not be the only exercises in your arsenal.

I just want you to take a look to all the professional sprinters and notice how greatly their legs are developed.

For me, it goes even further as I always try to be creative:



To sprint with resistance such as this requires a high level of athleticism. It could be dangerous for your knees and ankles. But, it can be build using calisthenics and by sprinting with consistency, once or twice a week.



Just observe how my muscles are contracted during this movement; even when we switched sides, I still got plenty of resistance to hold as my friend really pulled like a bull



Running has its particular place in this equation. You can't sprint if you are unable to run properly. Hence, you might need to consider some long-distance runs over the weekends.

Running is a perfect way to improve stamina and athleticism, and build healthier joints. It will give you the basic conditioning that will allow you to properly sustain a sprint session without being in jeopardy of injuring yourself. It will really improve your lung capability to breathe better. Run at a low pace and low intensity so you can increase your running-time considerably. Then, if you become more advanced, you can run mixing intensities and speed.

Sprints on the other hand are exercises of extremely high intensity. They enhance muscular endurance, but they also help you reduce bodyfat percentage. Besides that, one of the major advantages sprints bring is that they actually help you build very strong and muscular legs.

These sorts of workouts will make you take a break from doing squats. I used to change them often to make sure I didn't get bored of always doing the same routine.

So, you have tested yourself and now you know:

1. What calisthenics exercises you can do;
2. For how much time and distance you can run without stopping;
3. What are the distances that you can sprint and also how many times;
4. If you can skip rope and for how long without interrupting the jumps;
5. How many workouts you can do a week, and for how long you can sustain a workout.

That leaves you with scratching the exact training log. Do not think that this training plan will be the one that you will follow for the next months. It will not be perfect, but it will make you start from somewhere.

When you will finish your first training week, you will set new goals and maybe you will entirely change the structure of your workouts. Maybe you will need to get better with pullups and sprints, or maybe you are good with them already and only want to build nice pecs. These sorts of goals will determine how your training plan will look in the future. So, you will pick up exercises based on what I have said above.

Change is good, and to change your plan often will definitely bring out more benefits. However, the most important thing is to stick with the basics and

truly work hard with them. This is the best way to achieve your goals. But if something works well then do not change it! Make little improvements here and there, like replacing an exercise or adding some more sets.

MY BEST TIPS FOR SUCCESS!

As I don't know you personally, I can't know for sure if the following routines will perfectly fit your goals, but you can use them as an example to scratch yours, keeping in mind your own particularities. However, my tips will help you regardless who you are:

1. Practice often! 3 times a week and half an hour a session may not be enough to build a great physique.
2. Embrace muscular pain. Muscle fatigue is good if you want to build an aesthetic body. Train to failure, until it is impossible to do any more reps.
3. Follow a healthy, balanced, and sustainable diet.
4. Do not get frustrated. Your body is not a machine. It takes time to adapt.
5. Push yourself for more! Slowly increase the volume and clean up your form. It is the only way to progress. The higher your fitness level is, the better you will be able to train. This will directly influence muscle growth.
6. Don't add too many exercises! Generally, you don't need more than 4 to 5 variations for a good training session. And don't believe in myths such as overtraining. It is possible to exaggerate sometimes, as I often did. But try to sleep well and eat better so you can smash your workouts.
7. Don't get lazy, and avoid making up excuses! Push yourself each time and make the difference between laziness and an incapacity to train.
8. You don't need to train each muscle group separately and on every angle, as I already showed to you. The compound exercises work every muscle of your body.
9. Don't think that a particular routine is better for muscle building than another. Any routine that puts your muscles on stress for long enough is by definition good for muscle growth (reactions that are known by the name *hypertrophy*).
10. The majority of the compound exercises are categorized as strength exercises even though some of them might appear too easy at first hand. Don't rush to judge them so fast, because an easy exercise can give you a hard time if you know how.

In calisthenics, to trigger hypertrophy, you can either increase the volume (this method adds more time under pressure), or you can increase the intensity of an exercise (like replacing regular pushups with one-arm pushups). Another way is to perform any exercise on a slower speed [this is another method to increase time under pressure]. Doing a single pushup in 5 seconds is the same as doing 3 pushups in 5 seconds. It equals the same time under pressure. This is the indicator for you, because muscles don't recognize numbers.

I used to perform at regular speed, and this method left me with a higher volume in the end than it would have if I'd lowered the speed.

Either way, you will still have to work on failure, which, in the end, you will see the same results, regardless the method you choose.

Consistency and discipline over time will be paid off. No matter what you do, you will have to destroy yourself physically at the end of your training if aesthetic results is what you seek.

11. If you don't decide on the repetitions you should do per set, then just simply do repetitions near to your maximum, each set. Leave a bit of gasoline on the bottom of your tank for the next sets, but calculate precisely because at the end of your training session, you will have to feel that nice pump or even soreness. These are all signs that you worked out really hard.
12. The hands are one of the greatest measurements of hard work. The presence of calluses on your palms is the result of hard work. See mine:



13. So far, I have presented mostly the pragmatic parts of calisthenics. But everything is doomed to failure without the proper mindset and determination. Even if things look good on paper and your plan seems perfect, you will still have to deal with a lot of influential factors that might cause you to quit: frustration, patience, fear of not getting results, confusion, climate, entourage, ambition, laziness etc. These are all factors that can influence you very much, as they did with me.

You must always remember why you are doing what you are doing. Accept pain and be tolerant, because you must surpass every obstacle that will come in front of your face. Emulate the success of an elite athlete, because a guy of that level is most likely possessing a great mindset and attitude — in other words, he will always be in control over his life. Gradually change the way you think if your mind plays against your willing and start implementing healthy habits into your lifestyle. You can read more about this topic in this article: [How to Become a Successful Calisthenics Athlete!](#)

Before and After Each Workout

Everyone needs a proper warmup before any practice or workout. It increases blood circulation and gets your muscles and joints ready to function properly.

Stay safe! Injuries can easily be avoided. A proper warmup is extremely important, especially during the cold season if you are training outdoor.

One of my methods to get a quick boost is jumping rope. Jumping Jacks and Burpees are also a great choice.

Without further explanations, you can follow my warmup example from YouTube: [How to Warmup Before Any Workout!](#)

Tips before attempting a workout:

- Avoid stretching at the beginning of your training session. Stretching is best done at the end when your muscles are warmed-up;
- Don't eat complex carbohydrate 1 to 2 hours before working out. Read more about this topic here: [About Carbohydrates!](#)
- Drink water and electrolytes to enhance performance;
- Electrolytes are also great to drink during a training session;

- Do not practice skill exercises (free handstand or free handstand walks) with your muscles pumped. It increases the risk of dislocating your shoulders (I know from experience);
- After your workout, you can snack on fruits to recover your electrolytic levels. You don't necessarily need to eat proteins soon after a workout.

Pullup Workouts

1. The following routine is for those beginners who can't do pullups at all:

Exercise	Sets [min – max]	Reps [min – max]	Pause [between sets]	Pause [between exercises]	Frequency
Negative Chinups	4 – 5	Max.	60 – 90 secs	2 – 3 mins	2 -3 times a week
Assisted Chinups	4 – 5	2 – 4			
Australian Pullups	4 – 5	6 – 12			
Hangs	4	15 – 30 secs			
Bicep Curls	4 – 5	8 – 15			

- Particularly follow this workout up until you can do at least 2 to 3 pullups in a row and sustain these repetitions for at least 2 sets.
- Try to add 1 or 2 more sets for the *Assisted Chinups* or even consider doing Assisted Pullups as soon as your strength increases a bit.
- You can also increase the volume of the *Australians* and *Bicep Curls*. Another method is to make them a little more intense by slightly changing the angle of your body. Go from *Australians* towards *Horizontal Pullups*.
- All these tips and changes will help you progress faster. Do not forget to try this workout at least 2 times a week. I already told you that strength is skill, so it has to be practiced more often.

2. After you achieve your first 3 pullups, focus on this one:

Exercise	Sets [min – max]	Reps [min – max]	Pause [between sets]	Pause [between exercises]	Frequency
Chinups	4 - 5	Max.	60 - 90 secs	2 - 3 mins	2 times a week
Negative Chinups					
Assisted Pullups					
Australian Pullups	4	6 - 12			
Hangs	4 - 5	15 - 30 secs			
Bicep Curls		8 - 15			

- Do your maximum correct repetitions for the first 3 exercises. It will be easier to notice progress if you increase the maximum reps for the first one.

However, at this level, I think that your maximum reps for chinups would be up to 2-3. It is also okay if your repetitions drop for the following variations. Just give your max effort for the first one because they require no external assistance; it falls entirely on your pure-raw strength.

- Like with the previous workout, in order to progress you will have to slightly change some sets and reps, here and there.

For instance, if your forearms are collapsing way too fast then try to add more time under pressure when you do Hangs. Go for 45 secs or even up to a full minute. This exercise is supposed to make your grip more powerful by strengthening the tendons and forearms.

- Stick with this pullup routine until you can complete at least 4 to 6 clean chinups without falling from the bar.

3. This routine is one that will require a lot more time to be mastered than the previous ones, as now you will have to deal with both chinups and pullups:

Exercise	Sets [min – max]	Reps [min – max]	Pause [between sets]	Pause [between exercises]	Frequency
Pullups	4 - 5	Max.	60 - 90 secs	2 - 3 mins	2 times a week
Chinups					
Australian Pullups					
Bicep Curls					

It will not be easy for you if you started from absolute 0. But this routine is actually one that will not only increase your basic pulling strength, it will also tone your biceps, forearms, and back a little.

Stick with it until you can complete at least 6 to 7 clean pullups before attempting a more intense pullup workout.

Theoretically, pullups are considered a little bit harder than chinups. For this reason, I started with chinups, but your strength etalon at this point should be the pullups.

I notice that some people find chinups to be harder. If that is your situation too, then just replace the order — from chinups to pullups and vice-versa.

PROGRESSION

The first 3 – 4 charts of workouts (not only the pullup ones, the rest as well) are easy if you have some experience in calisthenics or even other cultures like CrossFit or bodybuilding. However, some of you may find them tough and useful.

Work until you find them easy enough to progress forward onto the more intense workouts. It may take several weeks or even 2 months in order to adapt to a workout, so embrace the journey!

Do everything as it is written and as soon as you get more experienced, listen to your body. It will tell you if you need to change something or not. Though, you won't need to necessarily follow the given workouts. Follow the information from this chapter and create your own workout plan if you feel that mine are not entirely according to your particularities.

Consult the exercises I have given to you in the first part of this program and use them to create a workout plan that fits your goals.

To progress forward, you will have to build up your strength and endurance even more. This is one of the reasons why I recommend you train the same muscle group for at least twice a week. This method will increase adaptability and boost performance in the end.

To build the required strength and endurance will mean that you need to focus not only on the classic sets & reps workouts, but also to on circuits, full body circuits and even ladders. I will give you some concrete examples of how you can arrange them properly, but after I pass through pushup, legs and core workouts. These workouts involve all types of movements and, therefore, you will first need to know about the most basic ones.

To progress often means setting new goals, realistic goals. Don't set unrealistic goals, like deadlines within which you have to achieve a new more advanced exercise or to build several pounds of lean mass. It is fine to desire things, but they will happen only to those truly dedicated and almost never within the deadline you give yourself. Give yourself time and be patience on it. I found in this situation myself, and believe it or not, I didn't achieved results as fast as I wanted to.

Your body has his own natural clock. A dedicated athlete sticks to his training regimen regardless the results. He is patient and mentally prepared to work for years to accomplish goals.

Although I can do some advanced calisthenics exercises, I never train for them specifically. Everything that I have achieved so far is due to the beast-mode workouts I've done until now. It will come naturally to you if you stay humble and work hard on basics.

The last thing without which you can't ever accomplish anything in fitness is nutrition and recovery. Take two days a week of rest, or simply focus on other activities that make you happy. Sleep well and let your body do the rest. As long as you do these things, the rest is only about food quality and quantity.

To have a clearer idea about what means to eat healthy to sustain this physical activity, you can read some of my articles. For instance, you can read this one: [Everything About Breakfast!](#)

4. Incorporate the following workout whenever you can sustain several sets of at least 4 - 5 pullups:

Exercise	Sets [min - max]	Reps [min - max]	Pause [between sets]	Pause [between exercises]	Frequency
Pullups	4	4 - 6	60 - 90 secs	2 - 3 mins	1-2 times a week
Chinups		4 - 6			
Horizontal Pullups		6 - 10			
Bicep Curls	4 - 5	10 - 15			
Hangs	3 - 4	30 - 45 secs			

- Another method is to do maximum repetitions for each exercise. You can do 5 to 7 reps for pullups and then drop to 3 to 4 for chinups. This method is effective too as long as you execute them with a clean form.
- The speed should be pretty low. Don't fall like the gravity wants you to do while coming back on the negative. Control the motion

at all times so you can increase the time under pressure. This is important because a higher time under pressure will get your muscles more pumped.

- This routine is related to the previous one. The fitness level between them should be almost the same; it just requires a little bit more muscular endurance for this one. But it doesn't necessarily mean that your maximal strength will increase considerably. Test yourself again and see if your pullups have increased.
- To progress with this routine doesn't mean you will have to increase your number of pullups when you test your strength again. It is not so important to do 10 clean reps as it is to adapt to the workout.

Repeat it up until you can sustain the same number of repetitions for each set and exercise. If you increase this volume, I call that progress. I told you already that one of the most important things to progress is adding more volume and not necessarily to increase your maximal strength for a single set or two.

When this occur, then go and try my following workout challenge:

5. This workout begins with a new exercise:

Exercise	Sets [min – max]	Reps [min – max]	Pause [between sets]	Pause [between exercises]	Frequency
Wide Pullups	4	Max.	90 secs	2 – 3 mins	1 - 2 times a week
Commando Pullups					
Chinups					
Horizontal Pullups					

- Wide pullups will appear to be a lot more intense than regular ones. Begin with the reps you can manage, even if they will not exceed 2 to 3 in the beginning. Everyone needs to start somewhere, so don't rush on them, nor get frustrated ever.
- Commando pullups can be replaced with any kind of variation you prefer. Let it be Close Grip Chinups or Close Grip Pullups, it doesn't quite matter as long as you can fill in at least 3 to 4 repetitions.
- Begin your routine with wide pullups and stick with this workout until you can do at least 5 reps for each set and exercise.

- I will give you some more similar examples, and starting from here you will have to personalize them however you please:

Exercise	Sets [min - max]	Reps [min - max]	Pause [between sets]	Pause [between exercises]	Frequency
Wide Pullups	4	Max.	90 secs	2 - 3 mins	1 - 2 times a week
Close Grip Chinups					
Pullups					
Australian Pullups					

Exercise	Sets [min - max]	Reps [min - max]	Pause [between sets]	Pause [between exercises]	Frequency
Wide Pullups	4	Max.	90 secs	2 - 3 mins	1 - 2 times a week
Close Grip Pullups					
Horizontal Chinups					
Bicep Curls					

- Within a year or more you might be able to do this workout over here:

Exercise	Sets [min - max]	Reps [min - max]	Pause [between sets]	Pause [between exercises]	Frequency
Wide Pullups	4	6 - 7	1 - 2 mins	2 - 3 mins	2 -3 times a week
Close Grip Chinups		6 - 8			
Pullups		5 - 7			
Close Grip Pullups		5			
Horizontal Pullups		6 - 10			

- Did you notice how the volume is increasing with each workout? By the time you are able to do 60 to 100 pullups per workout with regularity, two weeks in a row, your aesthetics and fitness level will be much improved.

Pushup Workouts

The routines will gradually be increased in difficulty, starting with a workout that will teach you how to get your first 2 to 3 clean pushups and up to workouts that will incorporate intense exercises like *wall-assisted handstand pushups*, *diamonds dips* or *skull-crushers*.

The first charts will help you build a basic strength foundation for pushups mostly. After you gain this foundation, you will pass on toward routines that include dips and straight-bar dips, as well as pushups.

Then your focus and struggle will be centered on the most intense one: handstand pushups against a wall. When you achieve the ability of training dips and pushups sustainably for long enough, you will also craft this new powerful tool called handstand pushup.

As you can see, I designed this program progressively. This method is known as *Progressive Calisthenics*, and it is one of the best methods to increase fitness level, especially for beginners and intermediates like yourself.

1. Get your first 2 pushups by following this workout:

Exercise	Sets [min - max]	Reps [min - max]	Pause [between sets]	Pause [between exercises]	Frequency
Kneeling Pushups	5	Max.	60 - 90 secs	2 - 3 mins	2 -3 times a week
Incline Pushups	5				
Wall Pushups	5 - 7				

- The angle at which you do Incline Pushups can vary a lot like you already saw in my YouTube demo. Choose an inclination that is hard enough to challenge yourself for 5 sets and at least 10 repetitions.
- The Wall Pushup is maybe one of the easiest bodyweight exercises from all. Its purpose here is as a finisher, because as a total novice your muscular energy will drain very quickly with the first two. Thus, you will need to add this last variation, which will help exhaust your muscles in the end to increase adaptability. If you get muscle soreness with this workout, it means you are doing something the right way.
- I know how this exercise might look at first sight, but trust that I've met guys who couldn't do a single pushup. They instantly collapsed. So, if you are one of those, you just have to begin somewhere, and

for you, progressive calisthenics is the answer.

- To progress faster, you must repeat the workout at least 2 times a week. Increase the volume for the first two exercises and your wall pushups to only burn your pecs more.
2. After being able to do at least 4 sets of 3 clean pushups, you can try this one:

Exercise	Sets [min - max]	Reps [min - max]	Pause [between sets]	Pause [between exercises]	Frequency
Pushups [regular]	5 - 6	Max.	60 - 90 secs	2 - 3 mins	2 -3 times a week
Incline Pushups	5 - 6				
Kneeling Pushups	5				

- I reckon that your sets will go up to 3 repetitions for pushups, and the others will be higher.
- Work out with it up until your pushups increase to nearly 10 repetitions for 2 sets. Then go and work with the following...

3. Conquer those 10 reps and start with this one:

Exercise	Sets [min - max]	Reps [min - max]	Pause [between sets]	Pause [between exercises]	Frequency
Pushups [regular]	5 - 6	Max.	60 - 90 secs	2 - 3 mins	2 -3 times a week
Incline Pushups	5 - 6				
Kneeling Pushups	5				
HS	4 - 5	20 - 40 secs	1 min- ute		

4. When the previous workout becomes easy, test yourself again and if you can do 2 sets of more than 12 pushups, go for this routine:

Exercise	Sets [min - max]	Reps [min - max]	Pause [between sets]	Pause [between exercises]	Frequency
Decline Pushups	4	8 -12	60 - 90 secs	2 - 3 mins	1-2 times a week
Pushups					
Wide Pushups		Max.			
Plank to Pushups					
HS		40 secs - 1 min			

5. The two new exercises (decline and wide pushups) will complete a

great chest workout. Get used to them and push towards 12 to 15 repetitions for each and every exercise.

Exercise	Sets [min – max]	Reps [min – max]	Pause [between sets]	Pause [between exercises]	Frequency
Decline Pushups	5	12 - 15	60 – 90 secs	2 – 3 mins	1-2 times a week
Pushups					
Wide Pushups					
Plank to Pushups	4	Max.			
HS	4	1 min			

Exercise	Sets [min – max]	Reps [min – max]	Pause [between sets]	Pause [between exercises]	Frequency
Diamond Pushups	4	8 -10	60 – 90 secs	2 – 3 mins	1 -2 times a week
Triceps Extensions	3	Max.			
Bench Dips	5				
Plank to Pushup	4				
HS	4	1 min			

Exercise	Sets [min – max]	Reps [min – max]	Pause [between sets]	Pause [between exercises]	Frequency
Diamond Pushups	4	10 - 12	60 – 90 secs	2 – 3 mins	1 -2 times a week
Triceps Extensions	4	Max.			
Decline Pushups	4				
Bench Dips	5				
Incline Pushups	5				

- Try all these workouts over the course of 2 weeks and see how you can mix and match them so you can get a more personalized routine.
6. Dips come underneath the roof of pushups and they are considered a lot harder to master than regular pushups or even diamond pushups. The only pushups that are harder than dips are Wall-Assisted Handstand Pushups and eventually One-Arm Pushups – the last one does not belong in the Beginner Program.

I will firstly introduce 3 charts that will help those who can't dip at all, but who can do several pushups. If you reached the last levels on pushups, then you can skip the first dip workouts and go straight to those that also include pushups.

Exercise	Sets [min – max]	Reps [min – max]	Pause [between sets]	Pause [between exercises]	Frequency
Negative Dips	5 - 6	Max.	60 secs	2 mins	3 - 4 times a week
Bench Dips	5 - 6				

- These two exercises can be included at the beginning of your workout and after this, you can simply continue with pushups variations.
- Add diamonds, wide pushups and one more if you want. Your repetitions may drop dramatically after dipping, or maybe they won't, as it only matters to exhaust your muscles.

Exercise	Sets [min – max]	Reps [min – max]	Pause [between sets]	Pause [between exercises]	Frequency
Dips	5 - 6	Max.	60 secs	2 mins	2 - 3 times a week
Negative Dips	4				
Bench Dips	4				

Exercise	Sets [min – max]	Reps [min – max]	Pause [between sets]	Pause [between exercises]	Frequency
Dips	5 - 6	Max.	60 secs	2 mins	2 - 3 times a week
Bench Dips	4				
HS	4 - 5				

- Choose from any of these 3 charts at incorporate them at the beginning of a pushup session. Continue the picked-up routine with diamonds, declines, inclines etc.
7. You must build 2 sets of 10 to 12 dips to be able to aim for the following workouts.

Exercise	Sets [min – max]	Reps [min – max]	Pause [between sets]	Pause [between exercises]	Frequency
Dips	3 - 4	Max.	60 - 90 secs	2 - 3 mins	2 times a week
Straight-Bar Dips	3 - 4				
Bench Dips	4				
HS	3 - 4				

8. At this point, I will only give you a single sample, and starting from here, you will have an idea of how you should arrange the exercises.

Exercise	Sets [min – max]	Reps [min – max]	Pause [between sets]	Pause [between exercises]	Frequency
Dips	4	Max.	60 secs	2 mins	2 times a week
Skull Crushers	3 – 4				
Diamonds	4				
Pushups					
Triceps Extensions					

Exercise	Sets [min – max]	Reps [min – max]	Pause [between sets]	Pause [between exercises]	Frequency
HSPU	3 - 4	Max.	60 secs	2 mins	2 times a week
Dips	4				
Diamonds					
Pushups					

- Achieving the full range of motion for HSPU will be very hard. That is why you must take on this exercise with the upmost precautions. If you are unable to complete a full repetition, do half the range until you can go dipper and do the full range. [Watch Demo!](#)

Core Workouts

These specific workouts will mostly engage your core (lowerback and abs), but you should know that very few compound core exercises affect the local muscles. They usually put a lot of pressure on the glutes, spinal muscles and legs.

These workouts can be easily included among any upper- or lower-body session. You can either pick up certain exercises if you decide to do some circuits, or you can follow the pattern.

One of your major focuses here is to be able to hold an [L-Sit](#) and do at least 2 sets of 10 to 15 *Leg Raises*, hanging from pullup bar and using a perfect form like in my demo.

These two exercises are both indicators of good core strength. All of the variations that come from *Regular Leg Raises* are meant to strengthen your abdominals and lowerback. By the time you have improved your core, your abdominals may also be more visible if your bodyfat percentage is low.

1. Have a try on these sets:

Exercise	Sets [min - max]	Reps [min - max]	Pause [between sets]	Pause [between exercises]	Frequency
Knee Raises [Parallel Bars]	4 - 5	Max.	30 - 45 secs	1 min	1-2 times a week
Leg Raises [Ground]					
Sit-Ups					
Plank	4	30 secs			
Side Planks					

Exercise	Sets [min – max]	Reps [min – max]	Pause [between sets]	Pause [between exercises]	Frequency	
Mountain Climbers	5	20 - 30 secs	45 - 60 secs	1 - 2 mins	1 - 2 times a week	
Sit-Ups	4	Max.				
Leg Raises [Ground]	5					
Flutter Kicks						30 secs
Straight Bridges						Max.

- To progress, you can increase your repetitions and improve form and execution. You can also decrease the speed on negative to

increase time under pressure. To achieve the same results with isometric exercises, just expand the time while exercising, from 30 secs to 1 minute.

- Another great method is to do them as a circuit. Do one set of each exercise after another until you complete 4-5 sets.

Exercise	Sets [min - max]	Reps [min - max]	Pause [between sets]	Pause [between exercises]	Frequency
Bent Leg Raises (bend the legs a bit)	5	Max.	45 - 60 secs	1 - 2 mins	1 - 2 times a week
Knee Raises	5				
Mountain Climbers	4	30 secs			
Straight Bridges		10 - 12			
Planks		1 min			

Exercise	Sets [min - max]	Reps [min - max]	Pause [between sets]	Pause [between exercises]	Frequency
Leg Raises [Pullup Bar]	4	Max.	60 secs	1 - 2 mins	1 - 2 times a week
Flutter Kicks		45 secs			
Bridges		Max.			
Sit-Ups					
Flutter Kicks		30 secs			

Exercise	Sets [min - max]	Reps [min - max]	Pause [between sets]	Pause [between exercises]	Frequency
V Raises	4 - 5	Max.	1 min	1 - 2 mins	1-2 times a week
Leg Raises [Pullup/ Parallel Bars]					
Bridges					
Planks	4				
Sit-Ups					

2. An example of how you can arrange them as a circuit:

30 secs Mountain Climbers >> 10 Leg Raises >> 30 secs Plank >> 15 Sit-Ups >> 30 secs Mountain Climbers

- Do this circuit for 4 to 5 times and rest as minimally as possible. At the end of it, take a 2-minute rest before attempting everything

from the beginning.

Tips:

- You will have to struggle a lot to achieve an *L-Hold* and some perfect *V-Raises*, as they require not only core-strength but also a good level of flexibility/mobility as well.
- You will have to incorporate some stretching at the end of your workouts if these routines are not enough. Remember though that stretching is never to be done at the beginning.
- Reduce your calorific intake to cut stored bodyfat around the belly. There is no such thing as losing fat locally. Your body will determine from where it needs to cut if you make sure you create those circumstances.

Leg Workouts

The most painful training sessions will always be those where you train your legs — if done properly.

There are several methods of training your legs for muscle growth, definition, and athleticism:

- By doing *Squat Variations*;
- Sprinting on different inclinations, distances, and intensities;
- Running long distances;
- Skipping rope (this is an exercise often performed by boxers and martial artists).

I usually have 2 different workouts for my legs each week. If time does not allow me to train them twice a week, I extend my routine over the course of two weeks. The reason I do that is because I always combine workouts, such as:

- If this week I decide to train with Squats, then on the other I will do sprints and skipping rope;
- If I train them twice a week, then one of them is represented by Squats and the other will be a long-distance run.

The frequency will be decided by you only, and 1 training session per week could be more than enough if you are doing it properly. However, expect those full-body workouts; don't ever incorporate squats with upper-body exercises to build muscles.

The purpose of full-body sessions is conditioning and eventually shred. For muscle growth, you will have to dedicate a whole routine exclusively to them.



The whole point is to achieve a body that is balanced in every aspect. In aesthetics, everything is about proportions, thus you don't want big guns and a cobra back sitting on an undeveloped set of wheels. I never spent a week neglecting my legs only to be focused more on my upper-body.

Legs represent the biggest muscle group and this is why full-body circuits, squats, and even sprints are so great for cutting, fatloss, or building athleticism. Your heart beats extremely fast even when you train squats with sets and reps. So, if you are unwilling to run or sprint because you simply don't like it or because you have the space, then just do full-body circuits and legs workouts that involve squats, jumps, and burpees.

The routines will start gradually, because I used to train guys who couldn't even do a single bodyweight squat while maintaining good form. If form and depth of motion are not good nor complete, it will most likely compromise your goals.

There is a big different between doing squats with a full range of motion and keeping a straight alignment of your upper-body and then doing a half range while bending in front. Please watch my YouTube demo closely and execute them the way I do.

Exercise	Sets [min - max]	Reps [min - max]	Pause [between sets]	Pause [between exercises]	Frequency
Assisted Squats	4 - 5	Max.	1 min	2 mins	1 - 2 times a week
Walking Lunges					
Isometric Wall Sit		30 - 45 secs			
Squats					
One Legged Short Bridges		Max. for each leg			
Calf Raises		Max.			

Start with *Assisted Squats* only if:

- you are unable to keep a perfectly straight body alignment; this is why it's best to assist yourself until you learn to execute them correctly;
- you can't do any bodyweight squats yet. Your hands will help you decrease the intensity a bit and besides that, they will allow you to preserve a good form;
- after you master the bodyweight squats for at least 2 to 3 sets of 20 to 30 repetitions, it is time to change your routine again.

Exercise	Sets [min - max]	Reps [min - max]	Pause [between sets]	Pause [between exercises]	Frequency
Squats	5	Max. [or between 20 - 30]	1 min	2 mins	1 - 2 times a week
Burpees		Max.			
Jump Squats	4	24 - 30			
Walking Lunges					
Isometric Wall Sit	5	30 - 60 secs			

Exercise	Sets [min - max]	Reps [min - max]	Pause [between sets]	Pause [between exercises]	Frequency
Jog 15 mins	-	-	-	2 mins	1 time per week
100 meters Sprints	4 - 5	-	1 min		
50 meters Sprints	4 - 5	-			
Jump Rope	5	1 min	20 secs		

- This type of workout will always require improvements. Try different distances and intensities;
- Include some other calisthenics exercises if you want to.

Exercise	Sets [min – max]	Reps [min – max]	Pause [between sets]	Pause [between exercises]	Frequency
Squats	5	30 - 40	1 min	2 mins	1 - 2 times a week
Sumo Squats		25 - 30			
Isometric Wall Sit	4	1 min			
Squats		Max.			
Bridges	5				
Calf Raises					

Exercise	Sets [min – max]	Reps [min – max]	Pause [between sets]	Pause [between exercises]	Frequency
Jog 10 mins	-	-	-	-	1 time
100 meters Sprints	5	-	2 mins	2 mins	
Burpees	5	8 - 12	1 min		
Squats	5	25 - 35			
Jump Rope	5 - 10	1 min	20 secs		

Exercise	Sets [min - max]	Reps [min - max]	Pause [between sets]	Pause [between exercises]	Frequency
Assisted One Leg Squats	4	Max.	1 min	2 mins	1 - 2 times
Box Jumps					
High Jumps					
Close Squats					
Isometric Wall Sit Squats		30 - 60 secs			

Exercise	Sets [min – max]	Reps [min – max]	Pause [between sets]	Pause [between exercises]	Frequency
One Leg Squats/ Pistols	4	Max.	1 min	2 mins	1 - 2 times
Squats					
Jump Squats					
Bridges					
Calf Raises					

- Build the ability to squat with one leg by assisting yourself. Work with that variation until you can do at least 4 to 5 pistols;
- Box Jumps: from a squat position, you must jump over an obstacle (box). Its height should be high enough to challenge yourself:



- High Jumps: these are similar to Burpee jumps, only here you will not go into a plank or pushup position. You will jump using your toes and, from the bottom at the maximum height possible, you'll repeat the same movement until exhaustion.
- Jump Squats: these are similar to High Jumps, with a few exceptions. You don't need to jump too high, nor have a full depth at the bottom. You must emulate squats, but with a slight jump at the end.
- This last workout is something similar to what I do nowadays. This is why I added the maximum number of repetitions. Some of you will struggle with 5 pistols and 20 squats, while I don't find 8-10 pistols and 40 squats all that challenging. This routine can be increased in difficulty very easily by adding repetitions or by simply including a 10 kg weighted vest, as I did on many occasions.

All these workouts will engage your core. I usually add a core workout as soon as I finish my legs routine. Or, you can do a circuit and include core exercises as well:

30-40 Squats >> 10 Leg Raises >> 1 min Jump Rope >> 10 Burpees >> 30 secs Mountain Climbers

Complete 4 sets of this cycle and then you can do another one:

10-15 Jump Squats >> 1 min Jumping Jacks >> 20 Sit-Ups >> 1 min Plank >> 1 min Isometric Wall Sit Squats

Complete another 4 sets of this and then you are done.

There are endless possibilities of how you can arrange exercises. Be creative and experiment, there simply is no other way!

Full-Body Training

We have finally arrived at one of the most intense conditionings.

Aspects of full-body training style:

- I recommend that you include these after you have a good basic strength. It is inappropriate to train with high intensity (meaning no rest) when you struggle with 2 pullups or 5 squats. Increase your maximal strength a bit, as well as your endurance, then test;
- If you have the ability to do at least: 5 pullups, 10 dips, 12 pushups, 20 squats, 10 burpees, 15 secs of mountain climbers, 40 secs plank, 10 leg raises — then you can start training with the full-body style;
- You can try some easier variations if the numbers above are too difficult to do at the moment, like Kneeling Pushups over Regular Pushups; or Bench Dips over Dips, as well as Assisted Squats over Squats. Mix and Match!

1. First example:

10 Kneeling Pushups >> 30 Assisted Squats >> 20 secs Mountain Climbers >> 4 Chinups - 5 Burpees

2. Second Example:

30 Squats >> 7 Pullups >> 10 Leg Raises >> 15 Dips >> 20 Jump Squats

3. Third Example:

50 meters Sprint >> 10 Burpees >> 5 Pullups >> 1 min Jump Rope >> 20 Jump Squats

Take a look at the exercises I have given you and try to see which ones are best for a full-body workout.

Your Training Log!

Now that you have a clear idea about what type of training is good for you, the only remaining thing to do is to schedule out your week.

You have tested several workouts as well as your current fitness level, so now decide how many training sessions you'll do during the first week. I will give you some sample of how you can arrange them:

Day 1	Day 2	Day 3	Day 4	Day 5
Pushups	Legs	Rest	Rest	Jog
Pullups				Sprints
Core				
Day 1	Day 2	Day 3	Day 4	Day 5
Legs	Pushups		Pullups	Run
Core				Sprints
				Core
Day 1	Day 2	Day 3	Day 4	Day 5
Full-Body	Full-Body		Sprints	
Day 1	Day 2	Day 3	Day 4	Day 5
Full Body	Pullups		Legs	Core
	Pushups			
Day 1	Day 2	Day 3	Day 4	Day 5
Pushups	Run	Legs	Rest	Pushups
Pullups	Core			Pullups
Day 1	Day 2	Day 3	Day 4	Day 5
Legs	Pushups	Pullups	Legs	Core
Core				
Day 1	Day 2	Day 3	Day 4	Day 5
Full-Body	Rest	Pullups	Core	Legs
		Pushups		
Day 1	Day 2	Day 3	Day 4	Day 5
Legs	Pushups	Pullups	Legs	Pullups
	Core			Pushups

Pick up the routines you created or chose from my charts. You should also know that there are many more style of training such as: ladders, upper-body circuits, lower-body circuits, W types as well as unconventional training, like flipping tires and doing harder variations of pullups. All of these are great to improve aesthetics and athleticism, but they are mostly included in the other eBook I have made available for you:

High-Volume Calisthenics Workouts!

This eBook contains some other workouts too (much more difficult) that I've done to achieve the body that I have today. Read more about it here and then join:

1. Instagram — for a personal communication: [Follow Here!](#) Actually, send me a before-picture and let's talk again in a few months.
2. Facebook Community — for like-minded support: [Join Here!](#)
3. Facebook Page: [Follow Here!](#)
4. Check out my YouTube channel: [Watch Here!](#)

Thank You!

Stay strong on your path. Never quit!

Invite your friends to be part of Old School Calisthenics' Movement. I want a solid and physically prepared generation.

Don't just send this eBook to others. Be respectful of the work I put herein, and send them the website instead to download it from its original source. I would appreciate that a lot.

