

Advanced Calisthenics Program (5 Days per Week)

Focus: Advanced body control, bodyweight strength, skills (e.g., muscle-ups, pistol squats, handstands)

Schedule:

- **Day 1:** Pull & Push Strength (Upper Body)
 - **Day 2:** Legs & Core Strength
 - **Day 3:** Skill Development (Muscle-Up, Handstand, etc.)
 - **Day 4:** Full Body Conditioning & Power
 - **Day 5:** Core & Mobility
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Day 1 - Pull & Push Strength (Upper Body)

1. **Muscle-Ups** (Assisted or full) – 4 sets × 3-5 reps
 2. **Archer Pull-Ups** (Alternating sides) – 4 sets × 5-8 reps per side
 3. **Deep Dips (Weighted if possible)** – 4 sets × 8-10 reps
 4. **Explosive Push-Ups (Clapping or Plyo Push-Ups)** – 4 sets × 8-10 reps
 5. **One-Arm Push-Up Progression (Elevate hands if needed)** – 3 sets × 3-5 reps per side
 6. **Tuck Planche Hold** – 3 sets × 20-30 seconds
 7. **L-Sit (On parallel bars or on the ground)** – 3 sets × 20-30 seconds
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Day 2 - Legs & Core Strength

1. **Pistol Squats (Assisted if needed)** – 4 sets × 5-8 reps per leg
2. **Shrimp Squats** – 3 sets × 6-8 reps per leg
3. **Bulgarian Split Squats (Elevate rear foot)** – 3 sets × 10-12 reps per leg
4. **Lunges (Explosive or Walking)** – 3 sets × 10 reps per leg
5. **Hanging Leg Raises** – 4 sets × 12-15 reps
6. **Dragon Flags** – 3 sets × 6-8 reps

7. **Arch Holds (Core Stability)** – 3 sets × 30 seconds
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Day 3 - Skill Development (Muscle-Up, Handstand, etc.)

1. **Muscle-Up Progressions** (Chest-to-bar pull-up + dip or assisted muscle-ups) – 4 sets × 3-5 reps
 2. **Handstand Push-Ups (Wall Assisted or Free)** – 4 sets × 5-8 reps
 3. **Handstand Hold (Against Wall or Free)** – 3 sets × 30-60 seconds
 4. **Tuck Handstand** – 3 sets × 20-30 seconds
 5. **Front Lever Progressions** – 4 sets × 5-8 seconds hold (Tuck or Advanced Tuck)
 6. **Back Lever Progressions** – 4 sets × 5-8 seconds hold
 7. **Muscle-Up Negatives** (Slowly lower from the top of a muscle-up) – 3 sets × 3-5 reps
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Day 4 - Full Body Conditioning & Power

1. **Burpees (Explosive)** – 4 sets × 12-15 reps
 2. **Jumping Lunges** – 4 sets × 10 reps per leg
 3. **Box Jumps or Broad Jumps** – 4 sets × 8-10 reps
 4. **Handstand Walks** (Against wall or free if possible) – 3 sets × 10-15 meters
 5. **Muscle-Up Progression (Kipping or Strict)** – 3 sets × 3-5 reps
 6. **Plyometric Push-Ups (Clapping or Depth Push-Ups)** – 3 sets × 8-10 reps
 7. **Core Work (Russian Twists or V-Ups)** – 3 sets × 20 reps
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Day 5 - Core & Mobility

1. **L-Sit to Handstand Progression** – 3 sets × 5-8 reps (or practice holds)
2. **V-Ups** – 4 sets × 15 reps
3. **Hanging Leg Raises or Toes to Bar** – 4 sets × 12-15 reps
4. **Front Lever Progressions** – 4 sets × 10-15 seconds hold

5. **Lateral Leg Raises (Core & Obliques)** – 3 sets × 12-15 reps per side
 6. **Full Body Mobility Routine** (Hip openers, shoulder mobility, spine rotations) – 10-15 minutes
 7. **Stretching (Dynamic & Static)** – 10-15 minutes
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Progression & Notes:

- **Advanced Skills:** Focus on skill-based exercises like muscle-ups, handstands, and levers. If you're not able to perform these yet, use progressions (e.g., assisted muscle-ups, tuck handstands) and slowly increase difficulty over time.
- **Rest Periods:**
 - For strength exercises: 2-3 minutes rest
 - For conditioning or power exercises: 60-90 seconds rest
 - For skill work (muscle-ups, handstands, etc.): 1-2 minutes rest
- **Progressive Overload:** Increase volume by adding reps or sets, or progress to harder variations of exercises.
- **Recovery:** Prioritize proper recovery (sleep, nutrition, hydration) to avoid overtraining and to allow your body to handle the intensity of advanced movements.