

JT_CALISTHENICS ©

CALISTHENICS ULTIMATE

The only program you will need to
build an incredible physique and
unlock full control of your bodyweight

MADE BY JOSH TURNER

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DISCLAIMER

Engaging in this program is at your own **risk**. I have given a lot of valuable information to help minimise the risk of injury. But there is always a chance of injury in exercise, so be **sensible** and listen to your body.

I am **not** a qualified professional in any of the areas in this program so I urge you not to take everything I say as 100% factual. However, I do believe I have gained extremely valuable knowledge and experience that will accelerate your progress to a whole new level!

I would **really** appreciate it if you helped support me by not sharing this program around. I have put a lot of time and effort into this program. I also believe that it's unfair on you if others gain this information for free. If someone gains this information for free then they will likely not take it seriously in comparison to someone who has invested money into it.

And **remember** that everyone progresses at different rates so focus on yourself and make sure **you** are improving!

Here is a quote I resonate with:
“comparison is the thief of joy”

GLOSSARY

Here are some key terms so that you understand what I mean when explaining some of the exercises:

Rep- this is short for “repetition” and is a single movement of an exercise. For example one pull up is one rep, and 10 pull ups is 10 reps.

Set- this refers to a group of consecutive reps of an exercise. For example 10 pull ups in a row, followed by rest constitutes as one set of pull ups.

Rest- this is the period of rest between sets. For example if I write “rest 3 minutes” then this means you will wait 3 minutes before completing another set.

Negative- the lowering phase of an exercise where the muscle lengthens under tension. For example, in a pull-up, the negative phase occurs when you lower your body back down from the top position to the starting position. EVERY negative rep should be controlled as much as possible.

Kipping- involves using momentum to make an exercise easier. For example swinging your legs to generate momentum for a pull up.

See next page for more key terms

Dynamic stretch- a type of stretching exercise that involves moving parts of your body through a full range of motion in a controlled manner. Improves range of motion and helps reduce injury. Best to use during the warm up.

Static stretch- a type of stretching exercise where you lengthen a muscle and hold it in a fixed position for a period of time, usually 30 seconds. Improves flexibility and reduces muscle tightness. Best to use during a cooldown.

Posterior pelvic tilt- this is a movement to engage your core and is useful for a lot of exercises in this program. To move into a posterior pelvic tilt, simply tilt your pelvis backward by rotating your hip bones towards your back. Another way to describe it is to stand with your back against a wall... try and arch your back and then flatten it against the wall. When it is flattened, you should feel an engaged core and glutes, this is posterior pelvic tilt.

False grip- a type of grip used in exercises such as muscle ups and front lever pull ups to make the movement easier. It involves placing your wrists on top of the bar, rather than resting underneath.

ABOUT ME

Welcome to my program, my name is Josh Turner and I am a physiotherapist who is fortunate enough to facilitate rehabilitation for various injuries, and now through this program, I can help people get stronger and become the **best** version of themselves.

First of all, I want to **congratulate** you on making a serious change in your life for the better. This program is not for those that want to just make small changes to their life to be “fit and healthy”. It’s designed to take you to levels you didn’t think possible. You will go from not being noticed to having everyone ask you for advice and saying you inspire them. This **transformation** will skyrocket your confidence and teach you discipline that will be transferrable to all other aspects in life. For example, if you are disciplined with the gym then you will be more disciplined to work hard at your education or at building a business etc.



2017

My 5 year transformation...

I wish I trained
optimally the
whole time haha



2022

Why should you listen to me?

If you are reading this then I am assuming you have seen my content on social media and want to achieve skills that **defy gravity**, whilst building a **Greek god physique**. I am 185cm tall and weigh 90kg so height and weight is no excuse and you will achieve any goal that you are passionate for!

I first started weightlifting when I was 14 and continued for 3 years. During this time I was learning as I went along and did not train optimally. When I was 17 I saw a guy at the gym doing muscle ups and handstand push ups for the first time, I was in **awe** and instantly inspired. I attempted a muscle up but failed miserably... the guy came up to me and showed me tips on how to start calisthenics. This was the start of my calisthenics journey. For the next 5 years I dedicated my time and training to learning the most **effective** ways of learning skills and simultaneously building muscle.

In summary, I have 8 years of experience (as of the year 2024) in the gym and a vast knowledge of anatomy and physiology from my physiotherapy training. I can now share all the secrets I learnt, and I want you to learn from my mistakes so that you can make better progress than I did. I **wish** I had this program when I first started!



PROGRAM PRINCIPLES

Before starting this program I want you to understand why it is structured the way it is...

The initial focus is building up the **basics** like pull ups and dips. Once these progress then you will add weight. You will build a strong foundation from this, and therefore skills will be easier to learn.

The **rest** times I have chosen are the **minimum** that I recommend between sets. You might think the times I have chosen are too long but trust me and try it, you will see a better performance when you are well rested.

You need to follow **ALL** the advice in this program for optimal results. This means reading the whole program! So you can make changes to your sleep, nutrition and how you progressive overload etc.

The **workout splits** I have chosen are all the same 5 day split but the type of day will change as you progress. You can start day 1 of the split on any day of the week so that your rest days suit you better. For example, my rest days are Monday and Friday but you can choose when you have yours.

EQUIPMENT

Here is a list of the equipment that I have personally used and an explanation of why I recommend them:

- **Resistance bands**- can be used as a progression for most exercises
- **Parallettes**- allows for a neutral grip which reduces strain on the wrist
- **Dip belt**- can add weight to progressive overload basic exercises e.g. pull ups and dips
- **Wrist wraps**- a controversial one... I used to use these every workout but I found it made my wrists weaker and resulted in a wrist injury. I now just train with them for exercises that are straining on the wrists such as one arm handstand, and my wrists feel stronger than ever. So I personally think wrist wraps are useful but don't overuse them
- **Weightlifting belt**- not essential but I personally find this helps with core stability in barbell squats and barbell rows

- **Liquid chalk**- improves grip for every exercise that uses a pull up bar or parallettes
- **Ear phones**- a hype song always adds a rep...

Note:

Some of the equipment are not essential but will make your calisthenics journey much easier.

The essential equipment that you need for this program are **resistance bands** and a **dip belt**.

WARM UP

Completing an effective warm up is essential for longevity in this sport. Many athletes have had to stop their career or have lost progress due to an injury which could have been avoided if they warmed up correctly.

I will discuss the general warm ups that I complete before every session and then I will tell you the specific warm up to add for each skill or exercise. It is worth noting that these warm ups are what I have found the most success with but you can adjust it if you want to. If you have any particularly tight areas then I suggest you spend more time on that area. I also recommend 5 minutes of light jogging before the warm up, however I do not do this myself.

The following warm ups are split into **push**, **pull**, and **legs** as this will be your workout split.

Note:

The warm up is mainly dynamic stretches as this will help reduce the risk of injury in the main workout.

I also recommend doing a cool down after every session. This involves static stretches which will help with increasing flexibility and recovery.

Also **remember** this is just how I warm up, feel free to add in other warm up exercises to suit you.

Push day warm up

Wrists

Throughout my years of training I have found the wrists to be the most prone to injury. To reduce the risk of injury it is essential to do a combination of mobility and strengthening wrist exercises. This will also make skills such as the handstand more comfortable to perform.

These are what I use:

- **Mobility:**

- Wrist circles with palm down and fingers backwards (5 circles each direction)
- Palm down and fingers backwards, lean backwards till you feel a stretch (10 seconds)
- Wrist raises x 10 reps



This is palm down,
fingers backwards



Wrist raises-
from this position,
move your hands into
fists and repeat this
movement



Note:

Do not use your bodyweight to add resistance, these exercises are just for mobility, not strength. Always do these before the strengthening exercises below.

- **Strengthening** (5-10 reps each):

- Palm push ups
- Finger push ups
- Wrist push ups
- Knuckle rolls

**Palm push ups-**

move from flat hands
to the picture above
and repeat

**Finger push ups-**

move from flat hands
to the picture above
and repeat

**Wrist push ups-**

same as wrist raises
on last page but now
you are adding
resistance by leaning
with your bodyweight

Knuckle rolls-

roll forwards and
backwards on your
fists (use a soft
surface)

Note:

Use your bodyweight to lean into the exercise and add some resistance. These are not supposed to be that intense, remember it's a warm up.

Shoulders

The shoulder joint is a ‘ball and socket’ joint which enables multidirectional movement but also means it can be prone to injury. The warm up will be mobility focused, rather than strengthening as most calisthenics exercises will build shoulder strength.

- **Mobility:**

- Shoulder rolls x 10 reps each direction
- Arm circles x 10 reps each direction (can use a light pole or resistance band to increase difficulty)
- Doorway stretch x 10 reps both sides
- Downward dog to cobra x 5 reps



Shoulder rolls-

roll your shoulders by using your traps



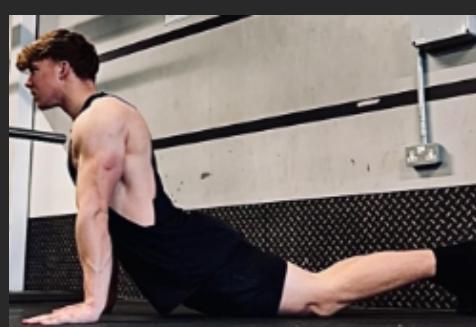
Arm circles-

arms should transition from all the way in front of you to all the way behind you



Doorway stretch-

Lean forwards and backwards



Downward dog to cobra-

Move between the two positions shown in the photos above



Pull day warm up

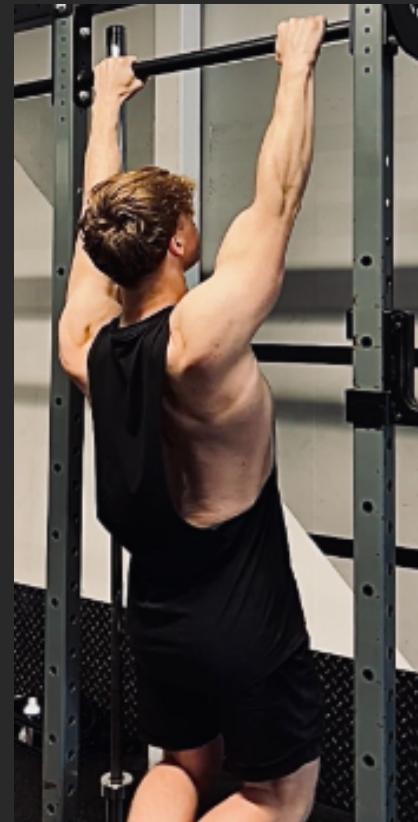
On pull day you should repeat the shoulder mobility exercises that were discussed on push day. If you are training handstand balance on pull day then repeat the wrist exercises as well.

In addition to these, the following are great for pull day:

- Dead hang on pull up bar (hold 10 seconds)
- Scapula pull ups x 10 reps



Dead hang



Scapula pull ups

Leg day warm up

Yes... you should be training legs. You don't want to get called chicken legs do you? Legs is not a focus of mine but I still train them enough to make progress.

So here is how I warm up:

- Leg swings x 10 reps
- Open the gates x 5 reps
- Close the gates x 5 reps
- Squat hold (hold 10 seconds)



Leg swings



Open and close the gates



Squat hold

MAIN WORKOUT

Focusing on weighted calisthenics is the secret to optimally build muscle and learn skills simultaneously. Your **first** priority will be to increase your pull up and dip reps. Once you start adding weight to pull ups and dips then skills will be easier to learn as you will have a strong foundation.

To make this programme systematic and easy to follow, I will list the requirements for progressive stages. Choose the stage that applies to you until you reach the requirements for the next stage:

Stage 1) Unable to do any bodyweight pull ups and dips

Stage 2) 1 to 12 pulls up and 1 to 15 dips (clean bodyweight reps)

Stage 3) 12+ pull ups and 15+ dips (clean bodyweight reps). Add weight until you reach stage 4.

Stage 4) 10+ pull ups with an additional 25% of your bodyweight. And 10+ dips with an additional 40% of your bodyweight.

Calculate the additional weight to add to your pull ups with this equation:

Bodyweight (kg) x 0.25= additional weight (kg)

Calculate the additional weight to add to your dips with this equation:

Bodyweight (kg) x 0.40= additional weight (kg)

Example:

If you weigh 80kg then you do this equation for pull ups:

- $80 \times 0.25 = 20$
- So 20kg is the additional weight to add to your pull up

If you did the same for dips then the equation would be:

- $80 \times 0.40 = 32$
- So 32kg is the additional weight to add to your dips

Stage 1

This stage is for you if you are unable to do any bodyweight pull ups and dips. The focus of this stage is to start building up your bodyweight strength so that you can perform bodyweight pull ups and dips and move on to stage 2. The most effective method to do this is by completing progressions of the movement. For example, assisted pull ups using a resistance band will help build strength for an unassisted pull up. In this stage you will go to failure on every set. **Make sure** you write down your sets and reps so you can aim to increase them every session.

Stage 1 workout split

Day 1- Push
Day 2- Legs
Day 3- Pull
Day 4- Rest
Day 5- Push
Day 6- Pull
Day 7- Rest

Push day workout

- **Push day warm up**

- **Knee push ups** (if you cannot do any of these then do incline knee push ups where your hands are on an elevated surface)

- 4 sets
- Reps till failure
- 3 minutes rest
- Once you can do 10 knee push ups, progress to **half rep regular push ups** where you put an object like a ball or toilet roll under your chest to limit range of motion. Or do **full push ups** if able.

- **Negative dips**

- 4 sets
- Reps till failure
- 3 minutes rest
- Aim each negative to last 3 seconds (it's okay if this is less to start with, but aim to get 3 seconds for each rep eventually)
- **See correct form on page 93**

Pull day workout

- **Pull day warm up**
- **Assisted pull ups using a resistance band**
 - 4 sets
 - Reps till failure
 - 3 minutes rest
 - Use a resistance band that has enough resistance so that you can reach at least 6 reps. After a few workouts you will reach 10 reps, this is when you use a band with less resistance and repeat until you get 10 reps on this band. Eventually you will become strong enough to start doing unassisted bodyweight pull ups which is when you will then enter stage 2 of the programme.
 - **See correct form on page 105**
- **Negative pull ups**
 - 4 sets
 - Reps till failure
 - No more than 10 total reps
 - 3 minutes rest
 - Aim each negative to last 3 seconds (it's okay if this is less to start with, but aim to get 3 seconds for each rep eventually).

Leg day workout

- The leg day workout is the same for every level except for a few changes depending on your level
- **See the leg day workout on page 79**



Stage 2

In this stage you should now be able to do 1 to 12 pull ups and 1 to 15 dips. The workout split is the same as stage 1 but the exercises in your push and pull days changes slightly. You should also start to train handstand balance in this stage. See the **handstand section on page 69** for more details.

Stage 2 workout split

Day 1- Push
Day 2- Legs
Day 3- Pull
Day 4- Rest
Day 5- Push
Day 6- Pull
Day 7- Rest

Push day workout

- **Push day warm up**
- **Handstand practice**
- **Dips**
 - 4 sets
 - Reps till failure
 - 4 minutes rest
 - It is fine if you can only do one rep, you will aim to increase this each session.
 - **See correct form on page 93**
- **Negative dips**
 - 4 sets
 - Reps till failure, stop when you unable to make the negative last 3 seconds
 - 4 minutes rest
 - Each negative should last 3 seconds.

Pull day workout

- **Pull day warm up**
- **Handstand practice**
- **Pull ups**
 - 4 sets
 - Reps till failure
 - 4 minutes rest
 - It is fine if you can only do one rep, you will aim to increase this each session.
 - **See correct form on page 105**
- **Assisted pull ups using a resistance band**
 - 4 sets
 - Reps till failure but use a less resistant band every time you get 10 reps
 - 4 minutes rest

Leg day workout

- The leg day workout is the same for every level except for a few changes depending on your level.
- **See the leg day workout on page 79**



Stage 3

At this stage you can now do 12+ pull ups and 15+ dips. The **focus** now is to add weight to these so that you can start building some serious muscle and strength. This will make skills easier to learn when you enter stage 4.

The most effective method I have found to progressive overload using weights is to do 2 sets. I first heard about this from **Ian Barseagle** on Instagram who is a beast at calisthenics. I then started to research more into this and test it out for myself. Many of you will think this is not enough but trust me, when you max out on these sets then it is more than enough to stimulate muscle growth and strength. The first set you will aim for 8 reps and then you will lower the weight and aim for 10 reps on the second set. You will also need 5-6 minutes rest between weighted sets which means you will be more recovered to perform each set maximally.

The weighted pull ups will be your vertical pull exercise and the weighted dips will be your vertical push exercise. Since weighted push ups are hard to set up, you will do dumbbell bench to act as your horizontal push exercise. It is also hard to add weight to a bodyweight row so you will do barbell row to act as your horizontal pull exercise.

These four exercises will quickly build up your strength. Alongside these you will also continue to train handstand balance. Having a good handstand for stage 4 will make learning skills like a handstand push up way easier. See the **handstand section on page 69** for more details. Also check the **progressive overload section on page 82**.

Stage 3 workout split

Day 1- Weighted push
Day 2- Legs
Day 3- Weighted pull
Day 4- Rest
Day 5- Weighted push
Day 6- Weighted pull
Day 7- Rest

Push day workout

- Push day warm up
- Handstand practice
- Weighted dips
 - Warm up- Do 2-3 bodyweight dips, then rest 4 minutes before the first main set.
 - 2 sets (first set 8 reps, lower weight then second set 10 reps)
 - 5-6 minutes rest
 - See correct form on page 93
- Dumbbell bench press
 - Warm up- Do 4 reps with 50% of the weight of your first main set. Then rest 4 minutes before the first main set
 - 2 sets (first set 8 reps, lower weight then second set 10 reps)
 - 5-6 minutes rest
 - See correct form on page 104

Pull day workout

- **Pull day warm up**
- **Handstand practice**
- **Weighted pull ups**
 - **Warm up-** Do 2-3 bodyweight pull ups, then rest 4 minutes before the first main set.
 - 2 sets (first set 8 reps, lower weight then second set 10 reps)
 - 5-6 minutes rest
 - **See correct form on page 105**
- **Barbell row**
 - **Warm up-** Do 4 reps with 50% of the weight of your first main set. Then rest 4 minutes before the first main set.
 - 2 sets (first set 8 reps, lower weight then second set 10 reps)
 - 5-6 minutes rest
 - **See correct form on page 110**

Leg day workout

- The leg day workout is the same for every level except for a few changes depending on your level.
- See the leg day workout on page 79



Stage 4

At this stage you have built a strong foundation with weighted calisthenics. You should now be able to do 10+ pull ups with an additional 25% of your bodyweight, and 10+ dips with an additional 40% of your bodyweight. You should also be starting to gain confidence in balancing a handstand, if not then see the **handstand section on page 69** for more details.

With your new foundation of strength, you are now ready to shift the focus to skills. It is optimal to focus on one push skill and one pull skill at a time. The best way to unlock a skill is by attempting that skill. You will train each push and pull skill twice a week, and the weighted session from stage 3 will now be trained once a week.

In case you were strong enough to skip straight to stage 4, I'll repeat some information that I said in stage 3. The most effective method I have found to progressive overload using weights is to do 2 sets. I first heard about this from **Ian Barseagle** on Instagram who is a beast at weighted calisthenics. I then started to research more into this and tested it out for myself.

Many of you will think this is not enough but trust me, when you max out on these sets then it is more than enough to stimulate muscle growth and strength. The first set you will aim for 8 reps and then you will lower the weight and aim for 10 reps on the second set. You will also need 5-6 minutes rest between sets which means you will be fully recovered to perform each set maximally.

The weighted pull ups will be your vertical pull exercise and the weighted dips will be your vertical push exercise. Since weighted push ups are too hard to set up, you will do dumbbell bench to act as your horizontal push exercise. It is hard to add weight a bodyweight row so you will do barbell row to act as your horizontal pull exercise. These four exercises will quickly build up your strength.

Stage 4 workout split

Day 1- Push skills and weighted push

Day 2- Legs

Day 3- Pull skills and weighted pull

Day 4- Rest

Day 5- Push skills

Day 6- Pull skills

Day 7- Rest

Push skills and weighted push workout

- Push day warm up
- Handstand practice
- Push skill (select one push skill workout from the **push skills section on page 42**)
- Weighted dips
 - Warm up- see next page for dip specific warm up.
 - 2 sets (first set 8 reps, lower weight then second set 10 reps)
 - 5-6 minutes rest
 - See correct form on page 93
- Dumbbell bench press
 - Warm up- do 4 reps with 50% of the weight of your first main set, then rest 4 minutes before the main set.
 - 2 sets (first set 8 reps, lower weight then second set 10 reps)
 - 5-6 minutes rest.
 - See correct form on page 104

Note:

On the weighted days, you will do one less set than what is stated in the **push skill** workout. For example, if I wrote 3 sets of handstand push ups, then you would do 2 sets. Repeat for the other skill exercises. This is so you save more energy for the weighted exercises.

Weighted dip warm up

Main set weight	Warm up sets required	Type of set
<20kg	1	1x Bodyweight (3 reps)
20kg-50kg	2	1x Bodyweight (3 reps) 1x 50% main set weight (3 reps)
>50kg	4	1x Bodyweight (3 reps) 1x 25% main set weight (3 reps) 1x 50% main set weight (3 reps) 1x 75% main set weight (3 reps)

Have 1-2 minutes rest between all warm up sets.

Then 4 minutes rest before first main set.

Examples:

- Let's say your first main set weight is 16kg. Then you would do 3 bodyweight reps as a warm up as 16kg is less than 20kg.
- Let's say your first main set weight is 30kg. Then you would do 3 bodyweight reps, then you would do 3 reps with 15kg as this is 50% of 30kg.
- Let's say your first main set weight is 60kg. Then you do 3 bodyweight reps, then you would do 3 reps with 15kg (25%), then 3 reps with 30kg (50%), then 3 reps with 45kg (75%).

Pull skills and weighted pull workout

- **Pull day warm up**
- **Handstand practice**
- **Pull skill** (select one pull skill workout from the **pull skills section on page 53**)
- **Weighted pull ups**
 - **Warm up-** see next page for pull up specific warm up.
 - 2 sets (first set 8 reps, lower weight then second set 10 reps)
 - 5-6 minutes rest
 - **See correct form on page 105**
- **Barbell row**
 - **Warm up-** do 4 reps with 50% of the weight of your first main set, then rest 4 mins before the main set.
 - 2 sets (first set 8 reps, lower weight then second set 10 reps)
 - 5-6 minutes rest
 - **See correct form on page 110**

Note:

On the weighted days, you will do one less set than what is stated in the **pull skill** workout. For example, if I wrote 3 sets of handstand push ups, then you would do 2 sets. Repeat for the other skill exercises. This is so you save more energy for the weighted exercises.

Weighted pull up warm up

Working set weight	Warm up sets required	Type of set
<20kg	1	1x Bodyweight (3 reps)
20kg-50kg	2	1x Bodyweight (3 reps) 1x 50% working weight (3 reps)
>50kg	4	1x Bodyweight (3 reps) 1x 25% working weight (3 reps) 1x 50% working weight (3 reps) 1x 75% working weight (3 reps)

**Have 1-2 minutes rest between all warm up sets.
Then 4 minutes rest before first working set.**

Examples:

- Lets say your first working set weight is 16kg. Then you would do 3 bodyweight reps as a warm up as 16kg is less than 20kg.
- Lets say your first working set weight is 30kg. Then you would do 3 bodyweight reps, then you would do 3 reps with 15kg as this is 50% of 30kg.
- Lets say your first working set weight is 60kg. Then you do 3 bodyweight reps, then you would do 3 reps with 15kg (25%), then 3 reps with 30kg (50%), then 3 reps with 45kg (75%).

Push skills workout

- **Push day warm up**
- **Handstand practice**
- **Push skill** (select one push skill workout from the **push skills section on page 42**)

Pull skills workout

- **Pull day warm up**
- **Handstand practice**
- **Pull skill** (select one pull skill workout from the **pull skills section on page 53**)

Leg day workout

- The leg day workout is the same for every level except for a few changes depending on your level.
- See the leg day workout on page 79



SKILLS

This section is for when you have reached **stage 4** of the program.

This is my favourite part... mastering calisthenics skills will make **gravity** non-existent, and you will be impressing everyone (not that it matters what people think but it's a bonus). Since you are now able to lift additional weight in pull ups and dips, the skills will be much easier to learn.

The skills will be split into **push** and **pull**... choose one push skill and one pull skill to add to your workouts in stage 4.

It's worth mentioning that there is a number of skills I won't talk about such as L-sit and elbow lever, this is because these skills are going to be easy for you and you will naturally unlock these as your weighted workouts and other skills improve. Or you will just unlock them after a few sessions of attempts.

Note:

You will notice that for most of the exercises for the skills I have written “**stop one rep from failure**”. This is because going to failure too often is taxing on the body and causes neuromuscular fatigue which can be detrimental to subsequent sets.

I have also commonly written “**it is fine if you can only do one rep, you will aim to increase this each session**”. If you can only do one rep of the exercise then obviously you cannot stop one rep before failure... but it is fine in this case to go to failure as you are only doing one rep for each set which is not that taxing. As you start to add reps then you can stop going to complete failure. **Progressive overload is explained further on page 82.**

PUSH SKILLS

Handstand push up

If you cannot do a single rep of handstand push ups then here is your workout:

- **Handstand push up negatives**

- Warm up- do 5 pike push ups, then rest 3 minutes before the main set.
- Aim each negative to last 3 seconds (it's okay if this is less to start with, but aim to get 3 seconds for each rep eventually)
- 4 sets
- Stop one rep from failure
- 4 minutes rest
- It is fine if you can only do one rep, you will aim to increase this each session

- **Handstand push ups against the wall (chest facing wall)**

- 4 sets
- Stop one rep from failure
- 4 minutes rest
- If you can't do these yet then do **elevated pike push ups** with the same sets and reps as above until you have the strength to do handstand push ups against the wall
- Another progression is to reduce the range of motion of the handstand push up by placing a soft surface under your head.

See correct form on page 98

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Once you can do at least one handstand push up rep then you can move on to this workout:

- **Handstand push ups**

- **Warm up-** do 5 pike push ups, then rest 3 minutes before the main set.
- 4 sets
- Stop one rep from failure
- 4 minutes rest
- It is fine if you can only do one rep, you will aim to increase this each session

- **Handstand push up negatives**

- 4 sets
- Stop one rep from failure
- 4 minutes rest



See correct form on page 98

90 degree handstand push up

Once you can do 5 handstand push ups in a row then you can start training for the 90 degree handstand push up using this workout:

- **90 degree handstand push up negatives**
 - Warm up- do 1 handstand push, then rest 3 minutes before the main set.
 - Aim each negative to last 3 seconds (it's okay if this is less to start with, but aim to get 3 seconds for each rep eventually)
 - 4 sets
 - Stop one rep from failure
 - 4 minutes rest
 - It is fine if you can only do one rep, you will aim to increase this each session.
- **Handstand push ups**
 - 4 sets
 - Stop one rep from failure
 - 4 minutes rest



See correct form on page 100

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Once you can do at least one 90 degree handstand push up then you can start training to increase the reps using this workout:

- **90 degree handstand push ups**

- **Warm up-** do 1 handstand push up, then rest 3 minutes before the main set.
- 4 sets
- Stop one rep from failure
- 4 minutes rest
- It is fine if you can only do one rep, you will aim to increase this each session.

- **Handstand push ups**

- 4 sets
- Stop one rep from failure
- 4 minutes rest

Note:

You can also do this same workout on a bosu ball once you can hold a handstand on it for at least 20 seconds.

Planche

The planche is a skill that I stopped training due to a wrist injury and my goals changed... but I plan on training it again at some point. Everyone will be at **different** levels for this, some of you may not be able to hold a tuck planche at all and some of you may be able to hold an advanced tuck without training for it. Genetics such as height, weight, and muscle insertions all play a part in this but it is possible for anyone to learn it. It may just take more time for some... so don't compare yourself to others. I strongly recommend that you do **not** start training for planche until you have at least unlocked 90 degree handstand push ups. The shoulder strength gained from handstand push ups will massively help your planche journey.

See correct form on page 101

Note:

You will notice that in each planche workout there are planche leans and pseudo planche push ups. This does not mean you are doing exactly the same intensity... it means that you will increase the difficulty of that exercise by leaning further forwards as it gets easier. So for example, if you get to 10 reps of planche leans easily then you are not leaning far enough. You should be one rep from failure when you get to that 10th rep.

Here is your workout if you cannot hold a tuck planche:

- **Planche leans**

- **Warm up-** do 10 scapula push ups. Rest 1 minute then do light planche leans for 5 reps, then rest 3 minutes before main set.
- 4 sets
- Lean forwards far enough so that 10 reps is one rep from failure
- 4 minutes rest

- **Pseudo planche push ups**

- 4 sets
- Lean forwards far enough so that 10 reps is one rep from failure
- 4 minutes rest



Once you can start to hold a tuck planche for a second or more then you can move onto this workout:

- **Tuck planche hold**

- **Warm up-** do 10 scapula push ups. Rest 1 minute then do light planche leans for 5 reps, then rest 3 minutes before main set.
- 3 sets
- Hold each set till failure
- 4 minutes rest

- **Pseudo planche push ups**

- 3 sets
- Lean forwards far enough so that 10 reps is one from failure
- 4 minutes rest

- **Planche leans**

- 3 sets
- Lean forwards far enough so that 10 reps is one rep from failure
- 4 minutes rest



Once you start to hold an advanced tuck planche for a second or more then you can move onto this workout:

- **Advanced tuck planche hold**

- **Warm up-** do 10 scapula push ups. Rest 1 minute then do light planche leans for 5 reps, then rest 3 minutes before main set.
- 3 sets
- Hold each set till failure
- 4 minutes rest

- **Pseudo planche push ups**

- 3 sets
- Lean forwards far enough so that 10 reps is one rep from failure
- 4 minutes rest

- **Planche leans**

- 3 sets
- Lean forwards far enough so that 10 reps is one rep from failure
- 4 minutes rest



Once you start to hold a super advanced tuck planche for a second or more then you can move onto this workout:

- **Super advanced tuck planche hold**
 - **Warm up-** do 10 scapula push ups. Rest 1 minute then do light planche leans for 5 reps, then rest 3 minutes before main set.
 - 3 sets
 - Hold each set till failure
 - 4 minutes rest
- **Pseudo planche push ups**
 - 3 sets
 - Lean forwards far enough so that 10 reps is one rep from failure
 - 4 minutes rest
- **Planche leans**
 - 3 sets
 - Lean forwards far enough so that 10 reps is one rep from failure
 - 4 minutes rest



Once you start to hold a straddle planche for a second or more then you can move onto this workout:

- **Straddle planche hold**

- **Warm up-** do 10 scapula push ups. Rest 1 minute then do light planche leans for 5 reps. Rest 1 minute then do a 5 second tuck planche. Rest 3 minutes before main set.
- 3 sets
- Hold each set till failure
- 4 minutes rest

- **Pseudo planche push ups**

- 3 sets
- Lean forwards far enough so that 10 reps is one rep from failure
- 4 minutes rest

- **Planche leans**

- 3 sets
- Lean forwards far enough so that 10 reps is one rep from failure
- 4 minutes rest



Once you start to hold a full planche for a second or more then you can move onto this workout to increase your hold time:

- **Full planche hold**

- **Warm up-** do 10 scapula push ups. Rest 1 minute then do light planche leans for 5 reps. Rest 1 minute then do 5 seconds advanced tuck planche. Rest 3 minutes before main set.
- 3 sets
- Hold each set till failure
- 4 minutes rest

- **Pseudo planche push ups**

- 3 sets
- Lean forwards far enough so that 10 reps is one rep from failure
- 4 minutes rest

- **Planche leans**

- 3 sets
- Lean forwards far enough so that 10 reps is one rep from failure
- 4 minutes rest



PULL SKILLS

Muscle up

The question I get asked most is how did I get my muscle ups so clean? To be honest, I rarely trained muscle ups which may surprise you.

The secret to building a clean no dip muscle up is weighted pull ups. Think about it... if you can lift an additional 50kg for reps on pull ups then you will be flying up the bar when there is no additional weight.

However, when learning your first normal muscle up then technique is important and so practicing it is important.

See correct form on page 107



If you are unable to do any assisted muscle ups with a resistance band, then do this workout:

- **Assisted muscle up attempts with a resistance band**
 - **Warm up-** do 5 explosive pull ups then rest 3 minutes before main set.
 - 4 sets
 - 2 reps per set
 - 4 minutes rest
 - Each rep should be completed as explosively as possible. At this stage you are practicing the technique to do your first muscle up. It is okay for the form to not be perfect to start with... this means you can have a big swing for more momentum and use your legs to kip. You'll notice that each week you'll get closer and closer to your first muscle up.
- **Assisted high pull ups with a resistance band**
 - 4 sets
 - 5 reps per set
 - 4 minutes rest
 - Each rep should be completed as explosively as possible. Your aim is to pull yourself high enough so that your waist is level with bar. This will likely be too hard initially so just pull as high as you can. You may start off with getting the bar level with your chest but you will aim to get higher every few sessions. If the set felt too easy then use a less resistant band.

Once you can do at least one muscle up with a resistance band then do this workout:

- **Assisted muscle ups with resistance band**

- **Warm up-** Do 5 explosive pull ups then rest 3 minutes before main set.
- 4 sets (use a resistance band that has enough resistance so that you can get at least 1 muscle up rep in a set. Each workout you will aim to increase the reps. After a few workouts you will reach 6 reps, this is when you use a band with less resistance and repeat until you get 6 reps on this band. Eventually you will become strong enough to start doing unassisted muscle ups. Form still does not need to be perfect at this stage.)
- 4 minutes rest

- **Assisted high pull ups with resistance band**

- 4 sets
- 5 reps per set
- 4 minutes rest
- Each rep should be completed as explosively as possible. Aim to pull higher every few sessions. If the set felt too easy then use a less resistant band.

Once you can do at least one unassisted muscle up then do this workout:

- **Muscle ups**

- **Warm up-** Do 5 explosive pull ups then rest 3 minutes before main set.
- 4 sets
- Reps till failure until you reach 5 reps. Once you reach 5 reps then you can focus on perfecting the form, so try and minimise swinging and kipping on each rep. Focus on getting the 5 reps cleaner but do not go over 5 reps.
- 4 minutes rest
- It is fine if you can only do one rep, you will aim to increase this each session.

- **Assisted high pull ups with resistance band**

- 4 sets
- 5 reps per set
- 4 minutes rest
- Each rep should be completed as explosively as possible. Aim to pull higher every few sessions. If the set felt too easy then use a less resistant band.

No dip muscle up

As I already mentioned in the muscle up introduction, the secret to a no dip muscle up is weighted pull ups. Once you have unlocked clean normal muscle ups from the previous muscle up workouts then your form and explosive power will improve as your weighted pull up increases. This means before starting your no dip muscle up training, you should be doing at least 5 clean normal muscle ups using the previous muscle up workouts.

I personally focused on another pull skill once I achieved 5 clean normal muscle ups. If you choose to do this as well, then I recommend doing one set of 1-3 muscle ups at the start of your pull day, after your warm up (I still do this method today to perfect my form). This will help you continue to practice the form without interfering with your workout. But for these muscle up reps, make sure you are trying to be explosive and try to use less and less dip.



If you would like to still focus on muscle ups to achieve the no dip more quickly then you can use the workout below:

- **No dip muscle up attempts**

- **Warm up-** Do 5 explosive pull ups then rest 3 minutes before main set.
- 4 sets
- 3 reps per set
- 4 minutes rest
- Each rep should be completed as explosively as possible. If it feels too easy at the end of a set then you were not explosive enough.
- Eventually your muscle up will become so explosive that there is no dip.

- **High pull ups**

- 4 sets
- 5 reps per set
- 4 minutes rest
- Each rep should be completed as explosively as possible. Aim to pull higher every few sessions.

Front lever

Since you are in **stage 4** of the program, your strength should mean that you can do a tuck front lever, even if it is just for a second. If you cannot yet then copy the first workout below, but using a light resistance band for each exercise for assistance.

Front lever exercise terminology:

- **Pull ups-** this movement starts in whichever front lever hold progression you are at, and then you pull your waist towards the bar. You will aim to get your waist to touch the bar in all progressions except tuck front lever pull ups. This is because your knees will be in the way, so just touch the bar with your knees.
- **Half raises-** this movement starts in a dead hang, and then you raise yourself so that your back is parallel to the ground. Lower yourself back to the dead hang position and repeat. If I say “**weighted half raises**” then you can balance a weight plate on your feet or use ankle weights
- **Full raises-** this movement starts in a dead hang, and then you raise yourself so that your feet point to the ceiling while maintaining a straight line body. Lower yourself back to the neutral front lever position and repeat.
- **Presses-** this movement starts in a front lever, and then you raise yourself so that your feet point to the ceiling while maintaining a straight line body. Lower yourself back to the neutral front lever position and repeat.

See correct form on page 108

Front lever

Here is your workout if you can hold a tuck front lever for a second or more:

- **Tuck front lever hold**

- **Warm up-** do 4 pull ups, then rest 3 minutes before main set.
- 3 sets
- Hold each set till failure
- 4 minutes rest

- **Tuck front lever pull ups**

- 3 sets
- Stop one rep from failure
- 4 minutes rest
- Use a resistance band if you cannot do any reps unassisted
- Use false grip

- **Tuck front lever half raises**

- 3 sets
- Stop one rep from failure
- 4 minutes rest



Once you start to hold an advanced tuck front lever for a second or more then you can move onto this workout:

- **Advanced tuck front lever hold**

- **Warm up-** do 4 pull ups, then rest 3 minutes before main set.
- 3 sets
- Hold each set till failure
- 4 minutes rest

- **Tuck front lever pull ups**

- 3 sets
- Stop one rep from failure. If you reach 10 reps then do a 1 second hold at the top for each rep to make it harder.
- 4 minutes rest
- Use false grip

- **Tuck front lever full raises**

- 3 sets
- Stop one rep from failure
- 4 minutes rest



Once you start to hold a super advanced front lever for a second or more then you can move onto this workout:

- **Super advanced front lever hold**

- **Warm up-** do 4 pull ups. Rest 1 minute then hold a tuck front lever for 5 seconds. Rest 3 minutes before main set.
- 3 sets
- Hold each set till failure
- 4 minutes rest

- **Advanced tuck front lever pull ups using a resistance band**

- 3 sets
- Stop one rep from failure
- 4 minutes rest.
- Use false grip.
- Use a resistance band so that you can get your waist to touch the bar on each rep.
- If you cannot touch the bar with your waist yet, then just get as close as you can and do 5 reps as explosively as possible while retaining good form. Aim to get closer each session.

- **Advanced tuck front lever half raises**

- 3 sets
- Stop one rep from failure
- 4 minutes rest



Once you start to hold a one legged front lever for a second or more then you can move onto this workout:

- **One legged front lever hold**

- **Warm up-** do 4 pull ups. Rest 1 minute then hold tuck front lever for 5 seconds. Rest 3 minutes before main set.
- 3 sets (alternate legs after each set)
- Hold each set till failure
- 4 minutes rest

- **Advanced tuck front lever pull ups using a resistance band**

- 3 sets
- Stop one rep from failure
- 4 minutes rest.
- Use false grip.
- Use a resistance band so that you can get your waist to touch the bar on each rep.
- If you cannot touch the bar with your waist yet, then just get as close as you can and do 5 reps as explosively as possible while retaining good form. Aim to get closer each session.

- **Full front lever negatives**

- 3 sets
- Stop one rep from failure
- 4 minutes rest
- Each rep should be as controlled as possible and aim to hold it when you are parallel to the ground (even if it is for less than a second).



Once you start to hold a full front lever for second or more then you can move onto this workout to increase your hold time:

- **Full front lever hold**

- **Warm up-** do 4 pull ups. Rest 1 minute then hold advanced tuck front lever for 5 seconds. Rest 3 minutes before main set.
- 3 sets
- Hold each set till failure
- 4 minutes rest

- **Advanced tuck front lever pull ups using a resistance band**

- 3 sets
- Stop one rep from failure
- 4 minutes rest
- Use a resistance band so that you can get your waist to touch the bar on each rep.
- Use false grip

- **Full front lever full raises**

- 3 sets
- Stop one rep from failure
- 4 minutes rest



Once you can hold a full front lever for 8+ seconds then you can move onto this workout to increase your hold time:

- **Full front lever hold**

- **Warm up-** do 4 pull ups. Rest 1 minute then hold an advanced tuck for 5 seconds. Rest 1 minute then hold a full front lever for one second. Rest 3 minutes before main set.
- 3 sets
- Hold each set till failure
- 4 minutes rest

- **Full front lever presses**

- 3 sets
- Stop one rep from failure
- 4 minutes rest
- Use false grip
- It is fine if you can only do one rep, you will aim to increase this each session.

- **Full front lever weighted half raises**

- 3 sets, use a weight heavy enough so that 8 reps is one rep from failure. You can progressively overload this weight next session if you reach 8 reps.
- 4 minutes rest

Front lever pull up

Once you unlock a 10 second front lever then you can do this workout if you want to learn the full front lever pull up:

- **Full front lever pull up attempts**

- Warm up- do 2-3 advanced tuck pull ups. Then rest 1 minute and hold a full front lever for one second. Rest 4 minutes before main set.
- 4 sets
- You will likely not be able to achieve a full rep straight away where the waist touches the bar. This is fine, each set will just be your best attempt at the full front lever pull up, and then over time you will get closer to touching the bar. Once you touch the bar then that is one rep and you can start attempting two reps in a set. Repeat this to continue adding reps.
- 4 minutes rest
- Use false grip.

- **Advanced tuck pull ups**

- 3 sets
- Stop one rep from failure
- 4 minutes rest
- Each rep should have your waist touch the bar.
- Once you progress to 10 reps then hold for 1 second when the waist is touching the bar for each rep.
- Use false grip.

- **Full front lever hold**

- 2 sets
- Hold each set till failure
- 4 minutes rest
- This is to maintain your front lever hold.

One arm pull up

This is a skill that I unlocked without having to train for it. This is due to transferred strength from weighted pull ups. Before attempting a one arm pull up, I recommend being able to do at least one weighted pull up with an additional 80% of your bodyweight. You will naturally be able to a one arm pull up if you can do a pull up this additional weight.

Once I unlocked my first one arm pull up rep, I managed to quickly increase my reps to 5 using the workout below:

- **One arm pull ups**

- **Warm up-** do 5 pull ups. Rest 1 minute then do 5 one arm scapular pull ups on each arm. Rest 3 minutes before the main set.
- 4 sets
- Reps till failure
- 4 minutes rest
- It is fine if you can only do one rep, you will aim to increase this each session.

- **Assisted one arm pull ups holding onto a resistance band**

- 4 sets
- Use a band with enough resistance so that 6 reps on each arm is one rep from failure. Once you manage 8 reps then use a band with less resistance and work your way back up to 8 reps and repeat.
- 4 minutes rest



Back lever

This is a skill that I personally never trained but I unlocked it due to transferred strength from my other skills, mainly from front lever.

The reason I never trained it is because back lever falls into both push and pull categories (mainly pull), so if you train this on pull day then you will also be using push muscles such as chest and shoulders which you should be resting on this day.

Since I have not trained for this skill, I will not provide a workout for it, but I promise you that you will unlock this skill naturally, especially if you become good at front lever. However, if you do decide to train the back lever then I recommend the “skin the cat” exercise as a warm up as this will help with shoulder mobility.



HANDSTANDS

Basics

Once you are in **stage 2** or higher then you can start handstand training. The reason you should start training this early on is because it will make skills such as handstand push ups much easier to learn for when you are at a later stage.

Handstand holds are mainly **balance**, rather than strength. This means you do not need as much time to recover and can train it more often. I recommend spending at least 15 minutes on handstand practice at the start of each session (you can do it at the end of the workout if you prefer).

It is important to **listen** to your body so if you become very achy or experience any pain (the wrist is commonly affected) then rest from handstands for a few days until you feel recovered.

I recommend learning the handstand on the floor first, rather than on the parallettes. This is because it is easier to learn a handstand on parallettes once you are good on the floor, but there is less transfer when going from parallettes to the floor. It is worth noting that parallettes handstands are less straining on the wrist due to the neutral grip so feel free to just do parallettes if you are experiencing wrist pain on the floor.

Remember **everyone** progresses differently so some might get it quickly, whereas some may take a year to hold a consistent handstand.

Handstand kick up technique:

The handstand cues and technique whilst balancing is explained in the **correct form section on page 69.**

This is where I will briefly explain how to kick up whether it's against a wall or freestanding...

- 1)** Start with your hands and feet already on the floor
- 2)** Bring your dominant leg forwards and point your bum towards the ceiling **(as shown in the photo below)**
- 3)** Kick up with the dominant leg
- 4)** I find it useful to focus on bringing the bum up and letting the legs follow
- 4)** Try and bring your legs and feet together as soon as possible once you kick up
- 5)** Remember form will not be perfect to start with but this is okay! You will aim to improve it over time



Progress through the following handstand workouts...

If you are unable to hold a handstand against a wall then do these exercises:

- **Handstand kick up attempts against the wall**
 - 3 sets
 - 3 kick up attempts in a set. Kick up using your dominant leg. Aim to get as high as you can, you will build confidence and strength in each session so you will quickly unlock the kick up onto the wall.
 - 1-2 minute rest
- **Frog stand**
 - 3 sets
 - Hold till failure
 - 1-2 minute rest
 - This will help you get used to the fingertip movement and will build up some shoulder strength.
- **Elevated pike hold**
 - 3 sets
 - Aim 30 second holds. It is fine if you do less than this, but aim to increase your hold time each session
 - 1-2 minutes rest
 - This will build shoulder strength and help get you used to being upside down.

Once you are able to kick up into a handstand against the wall for 1+ seconds then do these exercises:

- **Handstand kick up hold against the wall**

- 5 sets (minimum number of sets but you can do more if you have time and want to make faster progress).
- Hold till a second before failure
- 1-2 minutes rest
- Try and aim for good form. It may be hard initially but aim to improve the form over time.

- **Frog stand**

- 2 sets
- Hold till failure. Stop training this once you can hold it for 30 seconds.
- 1-2 minute rest

Once you can hold a handstand against the wall for at least 30 seconds with good form then do these exercises:

- **Freestanding handstand kick up attempts**
 - 6 sets (minimum number of sets)
 - 1-2 minute rest
 - Each set may involve multiple kick ups. It's down to you to decide when you feel fatigued and should then rest before the next set.
 - To bail out the handstand, you should do a "cartwheel" movement on one side.
- **Handstand against the wall alternating feet**
 - 2 sets
 - Reps till a few seconds before failure
 - 1-2 minutes rest
 - Lift one foot off the wall at a time and then alternate them as controlled as possible. Aim to be more and more controlled each session
 - Every time you alternate the feet is **one rep.**
- **Chest to wall handstand hold**
 - 2 sets
 - Hold till a few seconds before failure
 - 1-2 minutes rest
 - Aim to slowly bring the feet off the wall.
 - To get in this position you should walk up backwards from a push up position. To get out of the handstand you can bail to the side or tuck and roll.

Note:

As I mentioned above, **6 sets** is just the minimum number of sets I recommend for kick up attempts. If you have more time then do more! The more you practice handstand attempts, the quicker you will learn it. However, you need to be careful **not** to overtrain, so if you start to feel pain or extreme fatigue then take it easy until you recover.

With the above workout, you will eventually start to get **occasional** handstand holds during your kick up attempts. Use these exercises until you can get consistent 30 second freestanding handstands. You will find that you have good and bad days where some days you get a long hold and then other days you struggle to get any hold. Progress is **not** linear but stay consistent and your handstand will improve.

After this stage you will have more freedom to have fun with the handstands and challenge yourself in different ways. For example you can start training straight bar handstand, handstands on different levelled surfaces, wide handstands, narrow handstands, bosu ball handstands. The best way to learn any of these is just practicing the move itself. You may fall a lot but this is how you learn so make sure you are sensible and only practice in open spaces where you are less likely to hurt yourself. I recommend focussing on only **one** handstand variation at a time for optimal progress.



One arm handstand

This is a very advanced move that takes a long time to learn. I recommend only starting to attempt training for this once you can hold normal handstands for 60 seconds consistently. It is a big commitment and will likely hinder your progress in other skills while you are learning it as it is taxing on the body.

How long and how often you train this move will depend on **you**... it is very important to listen to your body. Ideally you want to practice it during every workout which is 5 days a week for this program. However, if you start to experience any pain or significant fatigue then rest from it until you feel recovered. I am relatively new to one arm handstand but I hope to have it mastered soon.

I will share my experience so far:

If you follow my Instagram then you will notice I always train one arm handstand on the bosu ball using a parallette. I do this because I find it easier than on the floor. It is harder on the bosu ball initially, but once you become comfortable balancing a normal handstand on the bosu ball then it should be easier than on the floor. This is because you can use your shoulders to help you balance, rather than mainly just the wrists. I recommend consistent 30 second holds on the bosu ball before attempting one arm handstand training on it.



Whichever way you choose to start learning the one arm handstand, the process and progression will be the same. The number of sets you do for each exercise is up to you and will depend on how fatigued you are and how much time you are willing to put in.

Here is your first exercise:

- **Handstand weight transfers**
 - Lean side to side, aiming to transfer most of your weight to one side at a time
 - Do not lift up either hand at this stage.
 - This exercise will build your confidence in shifting your weight to one side

Once you can comfortably do 10 controlled reps of handstand weight transfers then you can move onto these exercises:

- **Finger assisted one arm handstand holds**
 - **Warm up-** one set of handstand weight transfers
 - Hold each of the following progressions for 10 seconds before moving on to the next:
 - 1) finger tip assisted holds
 - 2) three finger assisted holds
 - 3) two finger assisted holds
 - 4) one finger assisted holds- once you are comfortable with this then you can start attempting to lift the finger off and hold the one arm handstand.
 - These progressions are if you train on the floor, but if you use **parallettes** then you will want to do it similarly but just reduce the amount you are holding onto the bar over time. Eventually you will be able to do a thumb assisted hold and this is when you can start to lift the thumb off and attempt the one arm handstand.
- **You can also practice the one arm handstand progressions against the wall but I never did this so I will not be writing any further information on it.**

Key points for the one arm handstand:

- It takes time! It can take **1-2 years** after having a solid handstand but everyone progresses differently.
- In general, the more you train this skill the quicker you will unlock it but only if your body allows! **Listen** to your body and rest if you experience any pain or significant fatigue.
- A good **warm up** is essential, particularly for the wrists.
- Do all the one arm handstand progressions and attempts with **straddled** legs, this will make it easier to balance. Once you have mastered this then you can progress to closing the legs and doing the full one arm handstand.
- When you are about to lift off the last finger or thumb, make sure you feel like all your weight is shifted to the other side. You should feel like barely any weight is being pushed through that last finger or thumb.
- A tip I heard from **Sondre Berg** (an amazing one arm handstand athlete) is to keep “**the spine in line with the butt crack**”. This will help get you the correct form during a one arm handstand.

LEG DAY

The least favourite workout for most calisthenics athletes... but it has to be done. This program will build muscle on your upper body so you don't want that ruined by being called chicken legs. The good news is that once a week is enough for legs. You can choose to do more if you like but once is all I do and I have managed to reach 3 reps of 180kg barbell squats.

The workout will be the **same** for stages 1-4 in the program but some of the exercises will differ depending on your lower body strength.

See correct form on page 79

Here is your workout:

- **Barbell squats**

- **Warm up-** 5 squats with the standard barbell. I then recommend a 3 reps on each warm up set for 25%, 50%, and 75% of your main set weight. So if your main set is 100kg then you would warm up with 25kg, 50kg, and 75kg. This does not need to be exact values, just be sensible.
- 3 sets
- Reps to near failure- if you feel that on your next rep you will fail the rep then stop and do not do that rep. Use safety rails in case you do fail the rep.
- First set 4 reps, second and third set lower weight and do 5 reps.
- 6 minutes rest
- Only increase the weight once you reach the number of reps listed above.

- **Romanian deadlifts**

- 3 sets
- Aim 8 reps per set
- 4 minutes rest

- **Sissy squats**

- 3 sets
- Aim 8 reps but stop one rep from failure
- 3 minutes rest
- You will likely be unable to do a full sissy squat at first so use a box or elevated surface that you can aim to touch with your knees. Once you get 8 reps then you can use a lower box and eventually you will be able to touch the floor with your knees.
- I enjoy doing these to improve my mobility and I found they helped with my knee pain.

- **Nordic curls (optional)**

- I say these are optional because they are a very hard exercise to do. You can choose to do progressions such as negatives or use a resistance band but this might still be too hard. Once you feel like you have built up your lower body strength then you can start trying these. I personally do them instead of Romanian deadlifts but if you want optimal leg gains then do both if you can.
- I personally recommend using resistance bands to initially progress, then once you can do negatives controlled without a band then do these. Eventually you will unlock the full Nordic curl from doing controlled negatives.
- Note: this exercise can be straining on the hamstrings so be careful, if you feel pain then do an easier progression or just rest from this exercise if the pain continues.

- **Weighted calf raises**

- 3 sets
- 12-15 reps
- 3 minutes rest
- This can be done using the leg press or you could use the smith machine and do standing calf raises. It depends on your preference which machine you choose.



PROGRESSIVE OVERLOAD

- Progressive overload is essential to make progress in **both** skills and strength. By definition, it is increasing load to increase neuromuscular demand to encourage further adaptations.
- Put simply, it is gradually increasing the difficulty of an exercise so that you can continuously get stronger. The difficulty of an exercise can be changed through multiple variables, for example increasing the number of reps or weight. You will want to **write** down your reps and sets for **every** exercise so you can aim to improve every session (as you get stronger, rate of progress will slow down but it is still important to write down what you do). I personally just use notes on my phone to do this but feel free to use whichever way you want to track your progress.
- I will go through some **examples** of what this will look like for this program...

Examples

First example- 2 sets weighted pull ups:

- As I have said previously, in the first set you will aim for 8 reps, then in the second set you will lower the weight and aim for 10 reps.
- Let's say you managed 7 reps of 10kg pull ups in the first set, and 9 reps of 5kg on the second set. This would mean you stay on those same weights the next session because you did not reach 8 and 10 reps. However you will have gained strength from this workout so the next session might look like 8 reps 10kg, and 10 reps 5kg. This means you can now add 2.5kg to each of the sets.
- However, if you managed first set 8 reps 10 kg and second set 9 reps 5kg, then you would increase the first set but not the second set.

Second example- 3 sets tuck front lever hold till failure:

- In the front lever workout, I said to hold each set to failure, and then move onto advanced tuck front lever once you can hold it for one or more seconds
- Let's say you manage a 3 second hold in your first set, then 2 seconds in your second set, and then 1 second in your third set. You would aim to increase these numbers the next session even if it's just by one second, so your next session could like this: first set 4 seconds, second set 2 seconds, third set 2 seconds. Even though the second set did not increase, this is still progressive overload as the first and third set improved.
- I recommend recording each set so you can accurately measure how long each hold is.

Third example- 4 sets of 90 degree handstand push ups, stop one rep from failure:

- In this workout I said to stop one rep from failure. As explained in this skills section, this is because going to failure too often is taxing on the neuromuscular system. However if you can only do one rep of the 90 degree handstand push up then it is fine to go to failure as you will aim to add reps in the next few sessions. Then you can stop going to failure.
- Let's say you manage 1 rep in your all your sets. You will then aim to increase this in the next session so next time you may do 2 reps in your first two sets. Then you might only get 1 still in the last two sets. So the next session could be 2 reps in all the sets. These are just examples but as long as any of the sets are improving then that is progressive overload.

DELOAD

As you start to become stronger and more advanced, a deload week becomes more and more important. A deload week is a period of lighter training so that your body can recover from accumulative fatigue. Without a deload, fatigue will continue to accumulate and eventually hinder your progress, causing a plateau. A plateau is where you are unable to progress any further in your training, so something needs to be addressed.

It is not necessary for beginners to do a deload, so I recommend only doing it once you're in **stage 4** of the program. However if you plateau in **stage 3** then you can try a deload, but there could be another factor affecting your training such as sleep or nutrition.

How often should you deload?

- The standard is one deload week every 6-8 weeks.
- You could also choose to listen to your body. So if you start to plateau and you think you are doing everything right then that could be the right time to deload.
- After each deload week, you should return to normal training and hopefully you feel recovered and stronger.

So how do you deload?

- You can either reduce the volume (sets and reps) or reduce the intensity (weights or how hard an exercise is), or you can reduce both.
- The type of deload is different for every person. I will show you how I personally deload so you can try it as well, but feel free to alter it if you find better progress another way.
- For the weighted workout, I recommend keeping the volume the same but reducing the intensity by 50%. For example, if you normally do 40kg for 8 reps then you would do 20kg for 8 reps instead.
- For any of the skills, I recommend keeping the intensity the same but reducing the volume by 50%. For example, if you manage 6 seconds of a front lever hold in a set, then you would hold it for 3 seconds instead and you would do half the sets as well. If your usual number of sets is an odd number then halve it and round it up, e.g. if you do 3 sets normally then do 2 sets instead.

NUTRITION

First of all, I am **not** a nutritionist so I am only giving you my personal experience and knowledge. I will discuss the general topic and also how to gain weight or lose weight.

The general guidelines I follow each day are:

- **High protein-** I recommend 2g of protein per 1kg of your bodyweight, e.g. if you are 80kg then you should have 160g protein per day.
- **Natural fats-** this includes nuts, full fat milk, chicken thighs, olive oil etc.
- **Avoid as much processed food as possible-** this is hard to do so you do not need to eliminate all processed foods, just avoid it where you can. For example try and cook fresh meals, but it is also okay to have microwave meals occasionally. Another example is to swap out refined seed oils for olive oil.
- **Fruits and vegetables-** important for fibre, minerals, and vitamins.
- **Supplements-** I personally take whey protein and creatine. I personally benefit from it but you should do your own research if this interests you.
- **Drink lots of water-** I recommend 3-4 litres a day, but if you take creatine then I recommend 4-5 litres a day.
- I do **not** specifically count calories, but I have an awareness of how much I roughly eat so I make sure my meals are all high protein big portions. I also have healthy snacks each day.

How to lose weight:

- If you want to lose weight, then I assume you mean you want to lose fat but build muscle.
- The most common answer is a **calorie deficit** which is where you consume a few hundred calories less than your maintenance calories. So you could download the “MyFitnessPal” app and accurately track all your calories... but I personally think this is unnecessary. It is a good idea to check the app and work out your maintenance calories just so you have a rough idea, but tracking all your calories all the time is draining and you will likely not stay consistent and give up.
- If you just focus on the **general guidelines** I mentioned, then you will build muscle (as long as you progressive overload at the gym) and this will then boost your metabolism, and therefore you will naturally burn more calories and lose fat.
- **Don't** track all your progress using weighing scales. This is because your weight may remain the same but you could have lost fat and gained muscle. This means how you look, and progressive overload are the best ways to track progress.

How to gain weight:

- If you want to gain weight, then I assume you mean you want to gain muscle but not fat.
- A **calorie surplus** is how you gain weight which where you consume a few hundred calories over your maintenance calories. I have never directly bulked or cut before, but I was able to slowly put on lean muscle without ever putting on much fat. I did this through my **general guidelines** above and I made sure my portions were relatively big. If you want to do it through the strict tracking calories method, then you can but I did not do this.

Key points:

- It is good to roughly know your daily calorie intake so you can aim to be either in a surplus or deficit depending on your goals. But it is not necessary to accurately track everything you eat.
- Focus on the general guidelines I mentioned, this alongside progressive overload, will accelerate your progress at the gym.

SLEEP

Sleep is often overlooked in the fitness industry but it is one of the most important aspects to manage.

Why is sleep so important?

- At the gym you put your muscles under a lot of stress which cause micro tears. In order for this muscle to become stronger it needs to recover. The majority of the growth and repair of muscle occurs during sleep. So if you have adequate sleep then your muscle recovery will be more effective, and you will be performing better in subsequent sessions. Without adequate sleep, you may find you plateau or your progress could even worsen.

How much sleep should you have?

- It differs depending on the individual but the **minimum** I suggest is 8 hours per night. I personally find 8.5 hours to be optimal, but others may need 9 hours sleep.

CORRECT FORM

Dips

- There is a special technique that a lot of top street workout athletes use for weighted dips to lift more weight. This technique can still be used for bodyweight dips as it will help prepare your form for when you do weighted.
- You want to avoid expanding your chest as this will put you at higher risk of injury.
- Instead, you should depress the shoulders which will naturally protract the scapula and compress the chest. Then tense your core and you will perform a crunch type movement.
- Lower until your shoulders are in line with your elbows so it creates a 90 degree angle then push back up.
- When doing weighted reps, hold the weight in between your feet.
- This technique will mean the weight moves less and is therefore easier to lift more.

See next page for pictures on correct dip form

Dips



Wrong starting position-
shoulders are not
depressed



Correct starting position-
shoulders are depressed



Wrong end position-
chest is opened up,
causing a higher risk of
injury



Correct end position-
chest is compressed and
is much safer. Push back
up from here while
maintaining chest
compression

Handstand balance

Balancing a handstand is not just kicking up and hoping to find the right spot, it involves the whole body.

These are the most important aspects to note:

- **Hand position-** use a spider grip, also known as cambered hands, to arch your fingers. In this position you can push into the floor with your fingertips which will cause you to move backwards. Likewise, you can push into the floor with your palm to move forwards. So in a handstand, you push into the floor at different points to maintain balance. If you are doing a handstand on parallettes then the concept is the same but you just push down into the bar with your wrist grip instead. This same theory works for when you are standing up and using your feet to balance. Try it out and stand up. Then slowly lean forwards, you will find that you keep leaning if you do not do anything with your feet. However, if you squeeze the floor with your toes and forefoot when leaning forwards then you can stop yourself from leaning any further and you bring yourself back up to standing.

- **Posterior pelvic tilt**- this will engage your core and glutes and help you maintain a straight line in the handstand.
- **Shoulder elevation**- push into the ground with your arms so that your shoulders move closer to your ears.
- **Legs and feet**- keep the feet together and point the toes. Engage the quads to maintain a straight line.

These are the aspects you should aim for in your handstand training but is it okay for your form to not be perfect. You may find you start out being able to hold a “banana” handstand which is where your back is arched and this is okay, but just be aware of your form and aim to improve it over time.



“Banana” handstand



Straight handstand

Handstand balance progressions



Frogstand-

- To enter a frogstand, start by squatting down with your hands on the ground in front of you.
- Then, place your elbows on the insides of your knees and lean forward, shifting your weight onto your hands.
- Slowly lift your feet off the ground, balancing on your hands with your knees resting on your elbows.
- This position resembles a frog, hence the name "frogstand."



Elevated pike hold-

- Place hands on the floor shoulder-width apart.
- Place feet on an elevated surface such as a box.
- Walk your hands backwards until you form a L-shape (**as shown in the photo**) and hold this position.

Handstand push up

- The form I discussed in the handstand balance above is the **same** during a handstand push up.
- In addition to this, when completing the actual push up movement, you will want to **lean forwards** with your upper body as your lower body moves backwards. This will mean the weight shift going forwards is counteracted so you do not lose balance. You should aim to maintain a straight line throughout this, but form will **not** be perfect when you are starting out. I recommend going for more reps over perfect form as long as you are sensible.



See next page for handstand push up progressions

Handstand push up



Chest to wall handstand push ups-

- Maintain a straight line throughout.
- Keep forearms vertical. Lean forwards using the shoulders to create a 90 degree angle at the elbow as demonstrated in the photos above.



Elevated pike push ups-

- This is a progression for the chest to wall handstand push ups.
- Lean forwards as shown in the pictures until you create at least a 90 degree angle at the elbow.
- Leaning forwards enough is crucial in replicating a full handstand push up.

90 degree handstand push up

- **Hand placement-** I recommend learning this move using a neutral grip on two parallettes, rather than on the floor. This is because on the floor, you would need to rotate your hands during the move which makes it harder.
- **Forward lean-** in this move you are essentially doing a handstand push up and then leaning further forwards so that your wrists end up being in line with your waist. Your body should also transition to parallel to the ground in a straight line.
- **Engage lower body-** to maintain a straight line throughout the movement, you will need to engage the core, glutes, and quads.
- **Posterior pelvic tilt-** this will help maintain a straight line throughout the movement.



Planche

- **Hand placement-** I recommend learning this move using a neutral grip on two parallettes, rather than on the floor. This is because the floor will be more straining for your wrists.
- **Locked elbows-** all straight arm planche exercises should have locked out elbows.
- **Depressed and protracted shoulders-** this will help prevent injuries and is the strongest position to keep the body aligned correctly.
- **Straight bodyline-** aim to make your body as straight as you can so that you are parallel to the ground.
- **Posterior pelvic tilt-** this will help maintain a straight line throughout the movement.



See next page for all planche progressions

Planche



1.) Tuck planche-

Knees are brought in towards chest



2.) Advanced tuck

planche- Knees are extended to form a 90 degree angle with the torso



3.) Super advanced tuck

planche- Knees are extended to form a 135 degree angle with the torso



4.) Straddle planche-

Legs are spread out to a straddle position



5.) Full planche

See next page for planche leans and pseudo planche push ups

Planche



Planche leans- use the same technique tips shown above but keep the feet on the floor. You will start in a “push up position” and then lean forwards as far as you can. Then return to the “push up” position. This is one rep of planche leans.

Pseudo planche push ups- start in the “planche lean” position and then lower down to do a push up while maintaining the forward lean. One push up in this position is one rep of pseudo planche push ups.

Dumbbell bench press



Here are the steps for the correct form:

- 1)** Lie flat on a bench with a dumbbell in each hand, held at shoulder level with your palms facing away from you.
- 2)** Press the dumbbells upward until your arms are fully extended, but don't lock out your elbows.
- 3)** Lower the dumbbells back down until your elbows are at about 90 degrees.
- 4)** Press the dumbbells back up to the starting position.
- 5)** Repeat for the desired number of reps.

Remember to engage your chest, shoulders, and triceps throughout the movement, and keep your core tight for stability.

Pull ups

- **Avoid** kipping.
- Hand placement differs between individuals. From what I have found, it is best for beginners to grip the bar shoulder-width. Then as you become stronger and better at weighted pull ups, slightly wider than shoulder-width is the best grip (this is the grip I personally use and prefer).
- I recommend thumb under the bar, rather than over as I find it provides more explosive power.
- **Always aim for explosive reps** for all progressions of pull ups and also weighted pull ups. But make sure the rep is relatively controlled. So try and explode upwards but just make sure the descent is not bad form. I train like this because the best way to train for explosive power is by practicing it. This will also accelerate your muscle up progress.
- Chin should reach just over the bar on **each** rep.



See next page for assisted pull ups

Pull ups

- For the **assisted pull ups with a resistance band**, place the band under your feet and tie the band to the bar as shown in the photo below



Muscle up

- **Type of grip-** false grip will make muscle ups easier so I recommend false grip when you are first learning the skill.
- **Kipping-** a perfect form muscle up does not have kipping, but if you are learning the skill then it is okay to kip, just try to reduce the kipping over time.
- **Swing timing-** this is crucial for a good muscle up... Before pulling up, you will swing forwards, and then as soon as you start to swing back is when you will pull up. Pulling too early will cause the momentum from swinging forwards to counteract your pull and make it harder.
- **Size of swing-** generating a big swing will create more momentum and make the muscle up easier. This is okay to do when you are starting out, but aim to reduce the amount of swing over time.
- **Type of pull-** you will want to pull up and away from the bar and then lean forwards back towards the bar to get over.



Front lever

- **Type of grip-** for static holds or raises use a normal pronated grip. For any pull up movements use the false grip. This is because the false grip will shorten the range of motion for the pull up and therefore makes it easier.
- **Posterior pelvic tilt-** this is to engage the glutes and core to encourage a straighter hold.
- **Legs and feet-** engage quads and keep feet together to encourage a straighter hold.
- **Scapula retraction-** you do not need full scapula retraction but just make sure there is some scapula retraction.
- **Locked elbows-** all straight arm front lever exercises should have locked out elbows. Also try and rotate your elbows outward.



See next page for all front lever progressions

Front lever



1.) Tuck front lever-
Knees are brought in
towards chest



2.) Advanced tuck front lever- Knees are extended
to form a 90 degree angle
with the torso



3.) Super advanced tuck front lever- Knees are
extended to form a 135
degree angle with the
torso



4.) One legged front lever- one leg is straight
whilst the other leg is still
at a 135 degree angle



5.) Full front lever

Barbell row



Here are the steps for the correct form:

- 1)** Stand with your feet shoulder-width apart, holding a barbell with an overhand grip, hands slightly wider than shoulder-width apart.
- 2)** Bend your knees slightly and hinge forward at your hips, keeping your back straight and chest up.
- 3)** Pull the barbell towards your waist by bending your elbows and squeezing your shoulder blades together.
- 4)** Focus on explosive reps but make sure the descent is relatively controlled so that you do not injure yourself.
- 5)** Repeat for the desired number of reps, focusing on keeping your core engaged and your back flat throughout the exercise.

Barbell squats



Here are the steps for the correct form:

- 1)** Stand with your feet slightly wider than shoulder-width apart, toes pointed slightly outward, and a barbell resting on your upper back across your shoulders and traps.
- 2)** Keeping your chest up and core engaged, lower your body by bending your knees and pushing your hips back, as if you're sitting down into a chair.
- 3)** Lower yourself until your thighs are parallel to the ground or as low as comfortable while maintaining good form. Keep your knees in line with your toes and your back straight.
- 4)** Push through your heels to return to the starting position, straightening your legs and lifting your body back up.
- 5)** Repeat for the desired number of reps, making sure to maintain proper form throughout the exercise and avoiding leaning forward or rounding your back.

Romanian deadlift



Here are the steps for the correct form:

- 1)** Stand with your feet hip-width apart, holding a barbell in front of your thighs with an overhand grip, hands shoulder-width apart.
- 2)** Keeping your back straight and chest up, hinge at your hips to lower the barbell down your legs, allowing your knees to bend slightly.
- 3)** Lower the barbell until you feel a stretch in your hamstrings, keeping it close to your body and maintaining a neutral spine.
- 4)** Engage your hamstrings and glutes to return to the starting position by straightening your hips and standing up tall.
- 5)** Repeat for the desired number of reps, focusing on maintaining proper form and control throughout the movement. Keep your core engaged and avoid rounding your back.

Sissy squats



Here are the steps for the correct form:

- 1)** Stand with your feet shoulder-width apart, and you can start by holding onto a sturdy object like a pole or railing for support if you like.
- 2)** Lean back slightly, lifting your heels off the ground and shifting your weight onto the balls of your feet.
- 3)** Slowly lower your body towards the ground by bending your knees and leaning back further, keeping your chest up and core engaged.
- 4)** Lower yourself as far down as you can comfortably go, feeling a stretch in your quads.
- 5)** Push through the balls of your feet to return to the starting position, straightening your legs and standing up tall.
- 6)** Repeat for the desired number of reps, focusing on maintaining control and stability throughout the movement.

Make this exercise easier by lowering your knees onto a box so that the range of motion is less (**as shown in the top left photo**). Slowly use smaller boxes until you can do this to the ground.

Nordic curls



Here are the steps for the correct form:

- 1)** Kneel on a soft surface with your feet secured under a stable object or have a partner hold your ankles.
- 2)** Engage your core and glutes to keep your body in a straight line from your knees to your head.
- 3)** Slowly lower your upper body towards the ground by bending at your knees, keeping your back straight and hips extended.
- 4)** Lower yourself as far down as you can control, feeling a stretch in your hamstrings.
- 5)** Push through your hamstrings and glutes to return to the starting position, straightening your knees and lifting your upper body back up.
- 6)** Repeat for the desired number of reps, focusing on maintaining control and stability throughout the movement.

Remember this is an advanced movement so only start training it once you have strong legs. You will also need to start with progressions like negatives or using a resistance band.

FINAL WORDS

I want to say a massive thank you for the huge amount of support I have received on Instagram!

I started posting videos consistently at the start of January 2024 and my goal was 10k followers by the end of the year... we surpassed this goal in the first month! The community we have built is the best one I could have asked for and I appreciate all of you!

If you use all the advice I have spoken about in this program then your progress will be insane, please tag me in any of your progress videos or share your progress with me! I would love to see how you get on!



@jt-calisthenics

Find out how to ask any queries on the next page...

CONTACT ME

If you have any questions about the program and your journey then you can email me on the following email address: **jtcalisthenics@gmail.com**

To ensure that I see your email, type “**Ultimate**” in the subject section of the email so that I know you have purchased the program and then I will give you priority in answering your questions!

I will get back to you as soon as possible, it could take up to a few days but I will always get back to you.

All I ask is that you read the whole program before asking any questions as the answer may already be in here.