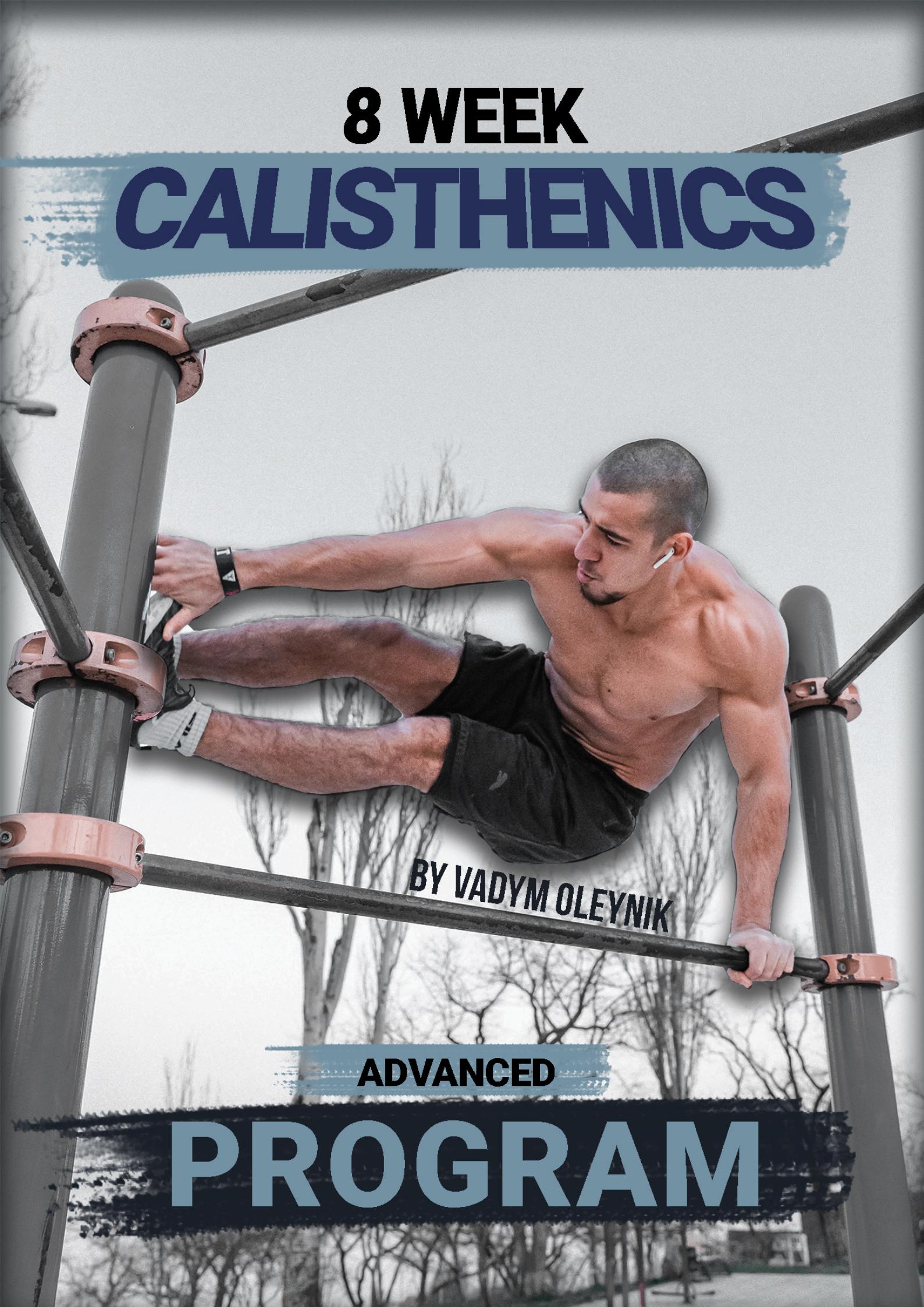


8 WEEK **CALISTHENICS**

A shirtless man with a beard and short hair is performing a handstand on a metal monkey bar structure. He is wearing black shorts and white earbuds. His left leg is bent at the knee and tucked under his body, while his right leg is extended straight up. He is holding onto the bars with both hands. The background shows bare trees and a clear sky.

BY VADYM OLEYNIK

ADVANCED

PROGRAM

INTRODUCTION

Hey Guys, welcome to my Calisthenics Advanced Program!

Improve your calisthenics skills, your strength, endurance and control of your body! I include many of different exercises to make your 8 weeks calisthenics journey more interesting and productive.

Many people think that it is impossible to gain muscles with calisthenics. This type of thinking is wrong. With calisthenics you can gain lean muscles, endurance and get full body control. It takes more time than bodybuilding, but the results are far exceed the expectations. Train hard with pure dedication.

If you take rest for over 48 hours, you will start losing strength and endurance. Do not rest longer than 48 hours. Do a warm up for at least 20 minutes to get your muscles ready to work out.

emom: During one minute you do the given number of reps, the rest of the minute you can do a pause.

asap: Do the given number of reps as fast as you can.

amprep: Do as many reps/rounds as possible.

The weights given are recommendations. Make sure that a clean execution of all required repetitions is possible. If not, reduce weight or increase it if it is too easy.

Every exercise is linked to a video explaning the certain technique.

Following tips of my daily morning rituals:

- warm water with a peace of lemon and spoon of honey
- natural turkey coffee with a peace of lemon and spoon of honey
- 2 spoons of bee bread
- eat small peace of raw ginger
- swallow 1 peace of garlic

Ater all you can take a breakfast.

**JOIN MY [EXCLUSIVE FACEBOOK SUPPORT](#) GROUP
ONLY OR BUYERS OF MY CURRENT PROGRAMS!**

ANSWER THE QUESTION TO ENTER THE GROUP WITH YOUR ORDER NAME OR EMAIL.



DAY 1

week 1



WARM UP

SUPERSET 1 (+20KG)

5 SET

rest 5 min

PULL UPS

2 reps

MUSCLE UPS

1 reps

SLOW BAR DIPS

2 reps

DIPS

30 reps

MORE ON THE NEXT PAGE!



3

DAY 1

week 1



WARM UP

SUPERSET 2

5 SET

rest 5 min

PULL UPS

2 reps

MUSCLE UPS

1 reps

SLOW BAR DIPS

2 reps

PUSH UPS

30 reps

MORE ON THE NEXT PAGE!

4



DAY 1

week 1



WARM UP

SUPERSET 3

5 SET

rest 5 min

PULL UPS

2 reps

MUSCLE UPS

1 reps

SLOW BAR DIPS

2 reps

DIPS

30 reps

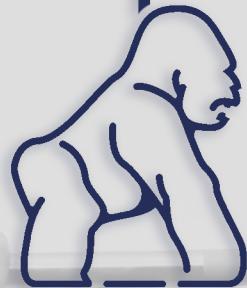
MORE ON THE NEXT PAGE!

5



DAY 1

week 1



WARM UP

SUPERSET 4

PULL UPS

2 reps

MUSCLE UPS

1 reps

SLOW BAR DIPS

2 reps

PUSH UPS

30 reps

rest 5 min

5 SET

STRETCH!

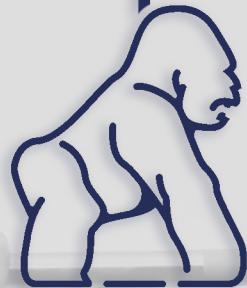
6



DAY 2

week 1

REST DAY



7



DAY 3

week 1



WARM UP

BACK SQUAT (70% OF RM)

5 reps/min

10 MIN

rest emom

DEADLIFT (70% OF RM)

5 reps/min

10 MIN

rest emom

LUNGES

10 reps/min

10 MIN

rest emom

WALL BALL SQUATS 9KG

150 reps

1 SET

no rest

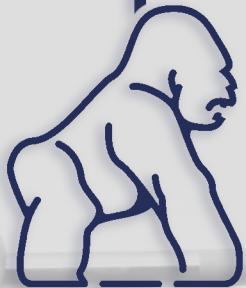
STRETCH!

8



DAY 4

week 1



REST DAY

9



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DAY 5

week 1



WARM UP

SUPERSET

WEIGHTED MUSCLE UP +32KG

3 reps

10 SETS

DRAGON FLAG

5 reps

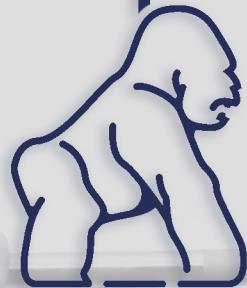
STRETCH!



10

DAY 6

week 1



REST DAY

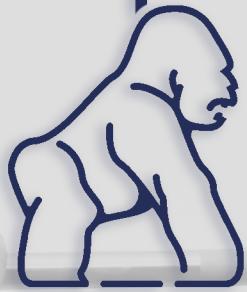


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DAY 7

week 1



REST DAY

1 2



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DAY 1

week 2



WARM UP

SUPERSET

PULL UPS +50KG

5 reps/min

10 SETS

5 MIN

rest emom

DIPS

5 reps/min

5 MIN

rest emom

STRETCH!



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1

3

DAY 2

week 2



REST DAY



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14

DAY 3

week 2



WARM UP

SUPERSET

FRONT SQUATS + 100KG

6 reps

10 SETS

no rest

WALKING LUNGES

20 reps

rest 1,5 min

STRETCH!



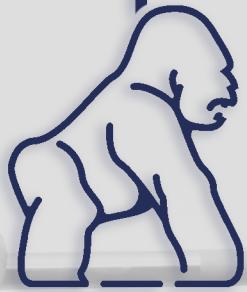
1

5

DAY 4

week 2

REST DAY



DAY 5

week 2



WARM UP

ONE ARM PULL UPS

2 reps each arm/min

60 MIN

rest emom

FRONT LEVER RAISES

5 reps/2 min

60 MIN

rest emom

STRETCH!



DAY 6

week 2

REST DAY

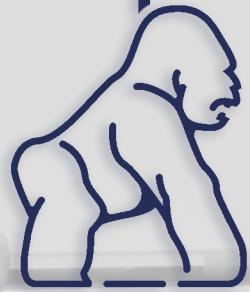


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DAY 7

week 2



REST DAY

19



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DAY 1

week 3



WARM UP

FRONT SQUATS +64KG

6 reps/min

20 MIN

rest emom

LUNGES

8 reps/min

20 MIN

rest emom

BOX JUMPS

150 reps

1 SET

no rest

STRETCH!



DAY 2

week 3

REST DAY



21



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DAY 3

week 3



WARM UP

CLOSED GRIP L-SIT PULL UPS

5 reps/min

10 MIN

rest emom

DEEP DIPS

5 reps/min

10 MIN

rest emom

HIGH L-SIT CLOSED GRIP CHIN UPS

5 reps/min

10 MIN

rest emom

DEEP DIPS

5 reps/min

10 MIN

rest emom

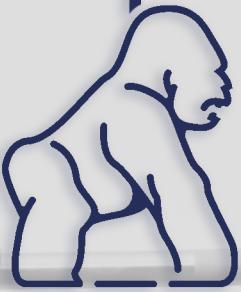
STRETCH!



DAY 4

week 3

REST DAY



23



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DAY 5

week 3



WARM UP

FRONT SQUAT

1 rm

1 SET

rest 5 min

DEADLIFT

1 rm

1 SET

rest 5 min

STRICT PRESS

1 rm

1 SET

rest 5 min

STRETCH!

24



DAY 6

week 3

REST DAY



25



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DAY 7

week 3

REST DAY



26



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DAY 1

week 4



WARM UP

HIGH PULL UPS

5 reps/min

5 MIN

rest emom

DIPS +20KG

5 reps

2 SETS

rest 3 min

CLOSED GRIP HIGH PULL UPS

5 reps/min

5 MIN

rest emom

DIPS +20KG

5 reps

2 SETS

rest 3 min

WIDE HIGH L-SIT PULL UPS

5 reps/min

10 MIN

rest emom

DIPS +20KG

5 reps

2 SETS

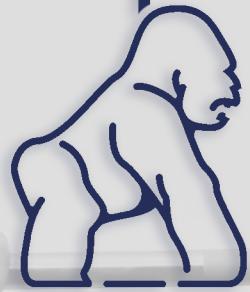
rest 3 min

MORE ON THE NEXT PAGE!



DAY 1

week 4



CLOSED GRIP CHIN UPS

5 reps/min

5 MIN

rest emom

DIPS +20KG

5 reps

2 SETS

rest 3 min

STRETCH!

28



DAY 2

week 4

REST DAY



29



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DAY 3

week 4



WARM UP

BACK SQUATS

4 rm

1 SET

rest 5 min

DEADLIFT +160KG

3 reps/min

10 MIN

rest emom

SLED PUSH +50KG

30 m

3 SETS

rest 3 min

STRETCH!



DAY 4

week 4

REST DAY



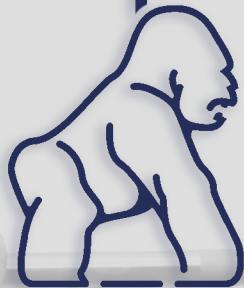
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DAY 5

week 4



WARM UP

SUPERSET 1 +20KG

MUSCLE UPS

10 reps

SLOW BAR DIPS

10 reps

PULL UPS

10 reps

DIPS

30 reps

1 SET

MORE ON THE NEXT PAGE!

32



DAY 5

week 4



WARM UP

SUPERSET 2 +20KG

MUSCLE UPS

10 reps

SLOW BAR DIPS

10 reps

PULL UPS

10 reps

PUSH UPS

30 reps

1 SET

MORE ON THE NEXT PAGE!



DAY 5

week 4



WARM UP

SUPERSET 3 +20KG

MUSCLE UPS

10 reps

SLOW BAR DIPS

10 reps

PULL UPS

10 reps

DIPS

30 reps

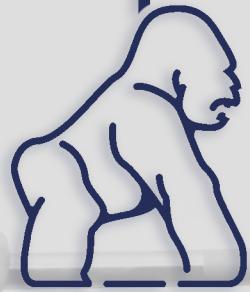
1 SET

MORE ON THE NEXT PAGE!



DAY 5

week 4



WARM UP

SUPERSET 4 +20KG

1 SET

MUSCLE UPS

10 reps

SLOW BAR DIPS

10 reps

PULL UPS

10 reps

PUSH UPS

30 reps

STRETCH!



35

DAY 6

week 4



REST DAY

36



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DAY 7

week 4



REST DAY

37



DAY 1

week 5



WARM UP

AMREP + 10KG VEST

20 MIN

PULL UPS

5 reps

PUSH UPS

10 reps

SQUATS

15 reps

AMREP + 10KG VEST

20 MIN

PULL UPS

5 reps

PUSH UPS

10 reps

SQUATS

15 reps

STRETCH!

38



DAY 2

week 5

REST DAY



39



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DAY 3

week 5



WARM UP

DEVIL PRESS & DUMBBELL TRUSTERS +22,5 KG

3/6/9/12/15/18 reps

1 SET

no rest

WEIGHTED MUSCLE UPS +35KG

3 reps

10 SETS

rest 2 min

STRETCH!



DAY 4

week 5

REST DAY



41



DAY 5

week 5



WARM UP

CLOSED GRIP PULL UPS +60KG

5 reps

6 SETS

rest 3 min

DIPS +60KG

10 reps

2 SETS

rest 3 min

PULL UPS +60KG

5 reps

6 SETS

rest 3 min

DIPS +60KG

10 reps

2 SETS

rest 3 min

WIDE PULL UPS +60KG

5 reps

6 SETS

rest 3 min

DIPS +60KG

10 reps

2 SETS

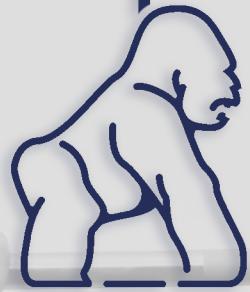
rest 3 min

MORE ON THE NEXT PAGE!



DAY 5

week 5



CLOSED GRIP CHIN UPS +60KG

5 reps

6 SETS

rest 3 min

DIPS +60KG

10 reps

2 SETS

rest 3 min

STRETCH!

43



DAY 6

week 5

REST DAY



44



DAY 7

week 5

REST DAY



45



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DAY 1

week 6



WARM UP

FRONT SQUAT

1 rm

1 SET

rest 5 min

DEADLIFT

1 rm

1 SET

rest 5 min

ASAP

40 MIN

SQUATS

12 reps

no rest

BOX JUMPS

15 reps

no rest

WALL BALL SQUATS +9KG

18 reps

no rest

STRETCH!

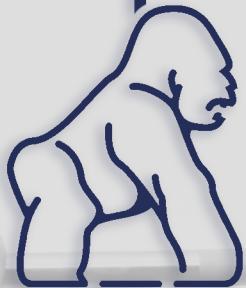
46



DAY 2

week 6

REST DAY

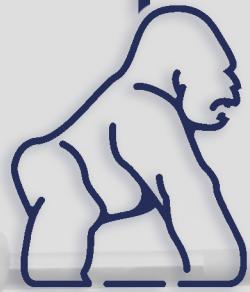


47



DAY 3

week 6



WARM UP

ASAP

20 MIN

WEIGHTED MUSCLE UPS +40KG

2 reps

DRAGON FLAG

5 reps

PUSH UPS +20KG

10 reps

STRETCH!

48



DAY 4

week 6

REST DAY



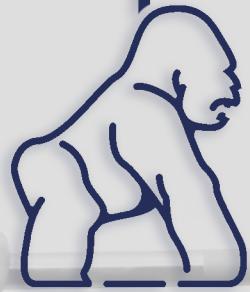
49



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DAY 5

week 6



WARM UP

SUPERSET

DEADLIFT +130KG

8 reps

WEIGHTED LUNGES +40KG

10 reps

10 SETS

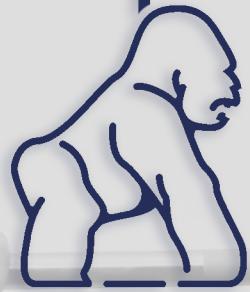
STRETCH!

50



DAY 6

week 6



REST DAY

51



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DAY 7

week 6



REST DAY

52



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DAY 1

week 7



WARM UP

ARCH PULL UPS +20KG

4 reps/min

10 MIN

rest emom

WEIGHTED PARTNER DIAMOND PUSH UPS

3 reps/min

10 MIN

rest emom

TYPEWRITER +20KG

4 reps/min

10 MIN

rest emom

WEIGHTED PUSH UPS

3 reps/min

10 MIN

rest emom

CLOCK PULL UPS +20KG

3 reps/min

10 MIN

rest emom

WEIGHTED PUSH UPS

3 reps/min

10 MIN

rest emom

STRETCH!



DAY 2

week 7



REST DAY

54



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DAY 3

week 7



WARM UP

SUPERSET

SLED PUSH +50KG

30 m

10 SETS

no rest

BACK SQUATS +60KG

10 reps

no rest

WALL BALL SQUATS +12KG

15 reps

no rest

BOX JUMPS

20 reps

no rest

STRETCH!



DAY 4

week 7

REST DAY



56



DAY 5

week 7



WARM UP

ONE ARM PULL UPS

4 reps/min

60 MIN

rest emom

FULL FRONT LEVER RAISES

5 reps/min

60 MIN

rest emom

STRETCH!



DAY 6

week 7



REST DAY

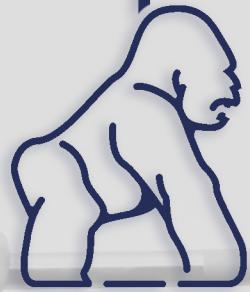
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DAY 7

week 7



REST DAY

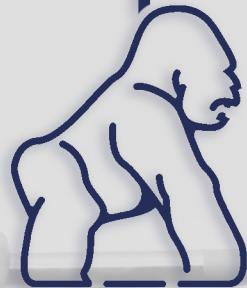
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DAY 1

week 8



WARM UP

FRONT SQUAT & BACK SQUAT + 100KG

4 reps/min each exercise

16 MIN

rest emom

DEADLIFT + 120KG & BURPEES

10 reps/min each exercise

16 MIN

rest emom

STRETCH!



DAY 2

week 8



REST DAY

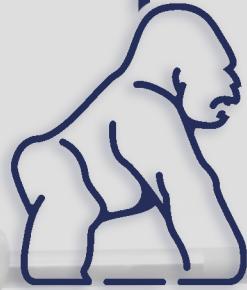
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DAY 3

week 8



WARM UP

DIPS +32KG

10 reps/min

15 MIN

rest emom

PUSH UPS +30KG

10 reps/min

15 MIN

rest emom

PULL UPS +32KG

5 reps/min

15 MIN

rest emom

SLOW BAR DIPS +32KG

5 reps/min

15 MIN

rest emom

MUSCLE UPS +32KG

3 reps/min

15 MIN

rest emom

STRETCH!



DAY 4

week 8



REST DAY

63



DAY 5

week 8



WARM UP

BACK SQUAT

1 rm

1 SET

rest 5 min

FRONT SQUAT

1 rm

1 SET

rest 5 min

STRICT PRESS

1 rm

1 SET

rest 5 min

STRETCH!

64



DAY 6

week 8



REST DAY

65



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DAY 7

week 8

REST DAY

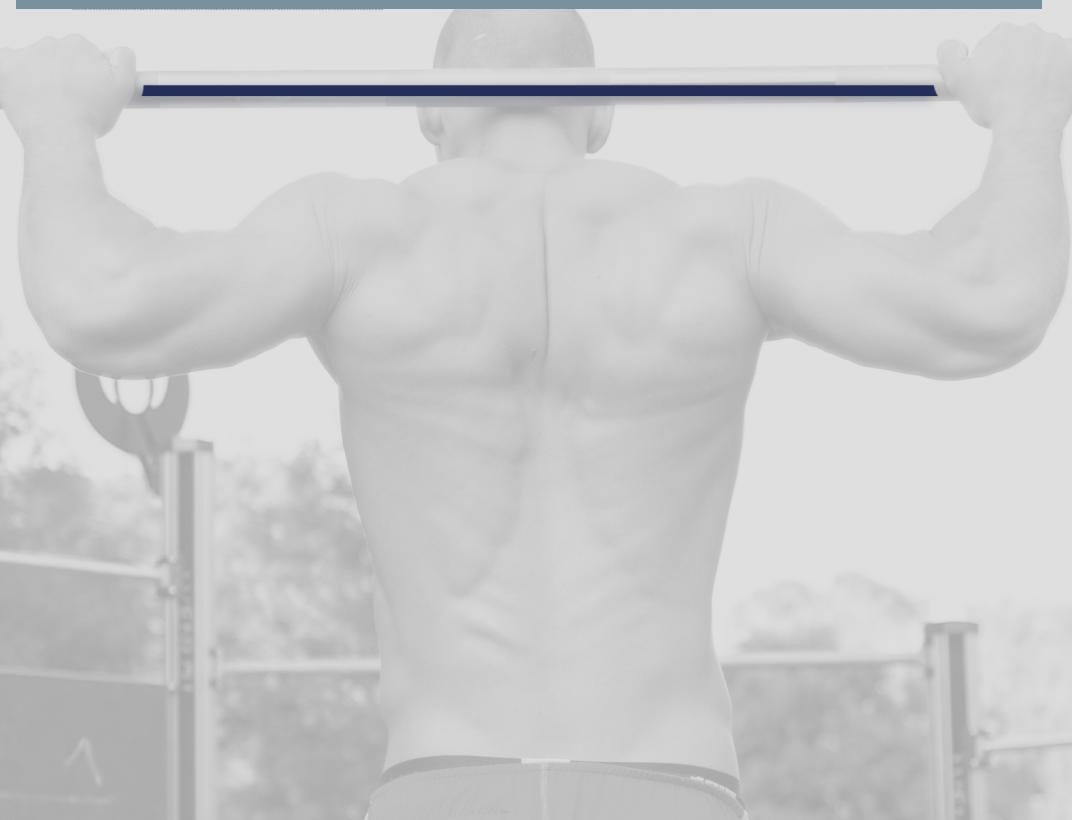
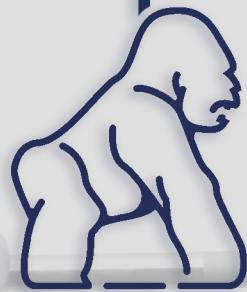


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YOU DID IT - GREAT JOB!



**LOOKING FOR A NEW CHALLENGE?
MY SUPER FORCE PROGRAM
IS ALREADY IN THE GORILLA SHOP!**

**CHECK OUT MY SOCIAL MEDIA AND
THE GORILLA SHOP FOR ANY UPDATES!**



67

A large, bold, black number '67' with a light blue outline. The '6' is on the left and the '7' is on the right, both with rounded edges.