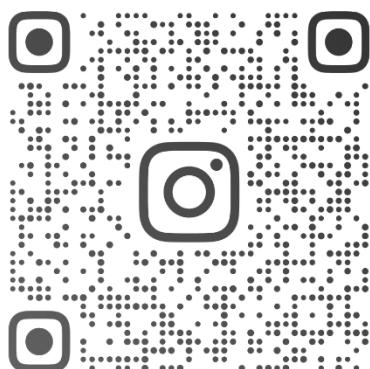


INTERMEDIATE CALISTHENICS BEAST

TRAINING PROGRAM

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1. INTRODUCTION

First of all, I want to say thank you for downloading this FREE calisthenics training program!

I created this training program to help you with your calisthenics journey. In this E-book you will learn everything you need to know to become a Real Beast.

If you are a total beginner, intermediate, or advanced level athlete this E-book is for you.

I believe that if you want to build a bulletproof and healthy body you need to look at your body as a whole. It's important to understand that it's not only about strength and looks when it comes to training.

Mobility and flexibility, mindset and nutrition – people often forget these. In this E-book we have everything covered.

Do you want to become a Real Beast?

Continue reading to find out how...



2. WHY CALISTHENICS?

Let's start with the first question that is probably going through your mind:

»Is calisthenics for me? «

I can surely say YES, IT IS!

Everyone can perform bodyweight exercises, it doesn't matter if you are a boy, girl, man, woman, young or old, calisthenics is for EVERYONE!

There are dozens of benefits of calisthenics training (bodyweight training) but I will list down the most important ones.

- IT'S FREE

You don't need a fancy GYM to start training with your own bodyweight. Rather than spending money on GYM memberships take a look at your body – this is your GYM! The reason bodyweight training is becoming so popular is because it is totally free. YOUR BODY = GYM.

- NO EQUIPMENT NEEDED

All you need for training is your own body. You can do bodyweight exercises wherever you want (at home, vacation, outdoors...). From now on you have no more excuses about how you can't train because you don't have the equipment!

- EXERCISES FOR EVERYONE

There are hundreds of different variations of bodyweight exercises and it doesn't matter if you are new to Calisthenics or if you have been doing this for a few years now. You can always find an exercise for total beginner or an advanced level athlete. The beauty of calisthenics is that you can always challenge yourself with different progressions of the exercises. There are countless exercise variations that can spice up any workout routine. Working with a variety of exercises not only relieves boredom, but it can also help you break plateau and spark further progress.

- BETTER MOBILITY AND FLEXIBILITY

Some bodyweight exercises can actually improve your mobility and flexibility if done correctly and through a full range of motion. Different exercises can help you correct your posture and build strong and healthy tendons, you just need to choose the right exercises. Being more flexible has one great benefit – it reduces the chance of injury. Bodyweight exercises are not only great for reducing the chances of getting injured, but it is actually a good way to rehabilitate yourself from old injuries too.

- FUNCTIONALITY

Bodyweight exercises involve compound movements – meaning that numerous joints and muscles are engaged in each move. For example, if you are doing pushups you are not working only your chest and triceps but you activate your core, shoulders and also biceps and trapezius muscles. There is no isolation training in calisthenics. The movement patterns of bodyweight exercises are natural and require use of multiple parts of the body at once.

- MIND AND BODY CONNECTION

When you progress with calisthenics that doesn't mean that you only need to get stronger but you must also develop other aspects of training such as balance, stability, flexibility and control. Those are the qualities that are many times overlooked in other strength sports. By improving these qualities, you will develop better mind and body connection which will result in improved control over your body. Body awareness will carry over to other areas of your life besides training such as relaxation, eating and enjoying everyday activities.



3. MINDSET

Mindset is everything. If you are not happy with your current body / weight / life, you need to change something, and it all starts with changing your mind. Change your thoughts and you will change your life.

Remember this quote from Lao Tzu:

"Watch your thoughts, they become your words; watch your words, they become your actions; watch your actions, they become your habits; watch your habits, they become your character; watch your character, it becomes your destiny."

Be a learner, try to learn something new every single day. Don't be that type of person who finishes the program only to prove everyone that he is the best...and then stop. Make it a lifestyle. Try to improve by 1% every single day and then you will look back and realize that those daily habits, that 1% better totally transformed your life.

When you are training – focus only on training, your muscle activation, breathing, thoughts... don't let your phone or any other distraction take your attention, be focused and be there – in the GYM (your body).

Work on your weaknesses! For instance, if you have bad squat mobility then do the exercises for squat mobility every day for 15min or just »rest« in a squat position while you are watching TV or maybe when you are waiting for someone. Make it a habit. Or just go for a walk / run in the morning, maybe you want to meditate – then DO IT – every single day. After some time you will realize that all those tiny daily habits became very natural for you and you will see big progress after doing it consistently. Consistency is the key!

Also, if you try to improve your weaknesses every day, you will see that at the end of the day you didn't just work on your body for 2 hours while you were training, but you actually put 4-5 hours of work on your body every day and that's what makes huge difference

You are so much stronger than you think, but your mind is telling you that you can't do another repetition or another set of a certain exercise. Your mind is telling you that you're weak. Those are lies. Don't listen. Push through pain because those are the reps that really count. The pain from your training sessions will teach you a very important life lesson which is: Never give up! Life is the same as training – you will go through some hard times and you will experience pain, but you must overcome it, learn from it, and become a better and stronger person because of it.

It is important to take care of your body but it is as important to take care and control of your own mind otherwise your mind will take control over you!

4. NUTRITION

Nutrition is a large topic and I could write another book about it but here we are going to focus on the most important things you need to know about nutrition.

Taking care of your nutrition will help you get better performance and recovery. The most important thing is to eat as less processed foods as possible. Rather than that choose high nutritional natural foods without them being processed in any way. Don't look at the proper nutrition as »diet«, make it a lifestyle! You must consume the food that will help you reach your goals. For example, if you want to gain or lose weight then you must eat the food that will help you achieve that. But one thing always stays the same – EAT NATURAL AND NUTRITIONAL FOODS!

Today we face nutritional deficiencies because the food we are consuming is mostly processed with no nutrients. That is the reason I would suggest you to use vitamin, mineral and other supplements to bring everything back to optimal. But if you can, always consume real and organic food first before you start using any supplements.

WHICH SUPPLEMENTS TO USE?

OMEGA 3 - The best and most known source of omega 3 is fish. Omega 3s are involved in fighting depression and anxiety, eye health, improving risk factors for heart disease, fighting inflammation, fighting autoimmune diseases, reducing fat in your liver, improving bone and joint health, improving sleep, skin health, ...

MAGNESIUM - Is found mostly in skeleton, we can also find it in skeletal muscle and inside / outside of cells. We can get magnesium from: beans and legumes, dark leafy greens, nuts and seeds, cacao (dark chocolate), potatoes. It's involved in more than 300 enzymatic reactions, DNA and protein synthesis, carbohydrate and fat metabolism, cell migration and wound healing, magnesium also have a calming effect and it's useful for helping muscle cramps, anxiety and sleep.

ZINC - We can get zinc from beans and legumes, whole grains, nuts and seeds, seafood, beef, lamb, pork, eggs, mushrooms. It's involved in growth and development, reproduction, immunity, cell structure and health, gene expression, nerve impulse transmission, neurological function, ...

VITAMIN D - Most of our vitamin D can and should come from the sun. We can also get it from fish, egg yolks, mushrooms, beef liver... Vitamin D is involved in maintaining serum calcium levels, cell differentiation, immune system function, regulating glucose tolerance, regulating blood pressure, and has a lot of other benefits.

CALCIUM- Is the most common mineral in our body. We can get it from diary, dark green vegetables, beans, nuts and seeds, fish. It's involved in transmitting nerve impulses, muscle contraction, hormone secretion, forming teeth and bone, acting as co-factor for enzymes.

You can also use other supplements to boost your performance such as:

WHEY PROTEIN: My approach is to always consume »real food« first. Start with real, whole, less-processed food to give your body the nutrients it needs. Yet many people struggle to get enough protein. Then the best option is to get the needed protein from supplements like whey protein. Protein powder is used to cover your demand of protein which you cannot cover through »normal« nutrition.

CREATINE: This is the substance that is found naturally in muscle cells. Creatine helps our muscles produce energy during heavy lifting or high-intensity exercise. The amount of creatine your body produces does not cover your full demand of creatine, so you have to consume it through food to fill up your level of creatine. You can eat food which contains creatine (red meat) or you can supplement it in the form of creatine-powder in order to fill up your creatine level in the body. Creatine also alters several cellular processes that lead to increased muscle mass, strength and recovery.

Now let's take a look at macronutrients. What are macronutrients? Macronutrients are the nutrients we need in larger quantities and they provide us with energy. There are three different macronutrients: protein, carbohydrates and fats. They all have their own specific roles and functions in our body and supply us with calories or energy. We can find these macronutrients in every item of food whether that's a snack bar or raw vegetable. Macronutrients can affect many processes in our body, including:

- Hormone production,
- Ability to digest our food and absorb nutrients,
- Immune system health,
- Our cell structure and function,
- Body composition (how much body fat and lean mass we have),
- Metabolic function,
- Much more...

We are going to learn more about these three nutrients on the following pages...

PROTEIN

We need protein to live and thrive. Proteins are the basic component of our cells which are parts of bigger bodily structures like connective tissue, skin, hair and muscle fiber. They are made up of linked chains of amino acids. Human body contains a total of 20 different amino acids. Amino acids fall into 3 categories: essential, semi-essential and non-essential. Our body can't produce sufficient amino acids so you have to make sure you are getting them with your nutrition.

| ESSENTIAL | SEMI-ESSENTIAL | NON-ESSENTIAL |
|---------------|----------------|---------------|
| Valine | | |
| Leucine | Cysteine | |
| Isoleucine | Arginine | |
| Histidine | Proline | |
| Lysine | Tyrosine | |
| Methionine | Glycine | |
| Tryptophan | Taurine | |
| Phenylalanine | | |
| Threonine | | |
| | | Alanine |
| | | Asparagine |
| | | Aspartic acid |
| | | Glutamic acid |
| | | Serine |

Protein should be the base of almost every meal you consume. Try to eat high quality protein sources! Too many people think they can meet all their protein needs with protein powders which is not true! Nothing can replace natural and organic food. Consuming protein will keep you »full« for longer time in comparison to carbohydrates. Proteins are very important for building new cells and repairing broken.

SOURCES OF PROTEIN:

- Meat,
- Eggs,
- Legumes,
- Milk and dairy products,
- Fish and seafood,
- Nuts,
- Soy products.



CARBOHYDRATES

Carbohydrates are the most important source of energy for our body. Our digestive system changes carbohydrates into glucose (blood sugar). This sugar is used by our body to provide the energy for our cells, organs and tissues. Our body also stores any extra sugar in our liver and muscles for when it's needed.

We divide carbohydrates into simple and complex, depending on their chemical structure. Simple carbohydrates include sugars which are found naturally in food such as fruits, vegetables, milk and milk products. Simple carbohydrates are source of »fast« energy for the body. Our body can get the energy from those carbohydrates faster because they have shorter chain (monosaccharide – one saccharide molecule – glucose/fructose). Therefore, the advantage of fructose (monosaccharide) is that you gain the energy directly.

Complex carbohydrates include whole grain breads and cereals, starchy vegetables and legumes. Many of the complex carbohydrates are good source of fiber. These complex carbohydrates release slowly into the bloodstream so you never suffer a »crash« like you do with caffeine or sugar. Our body needs more time to digest complex carbohydrates because they are long chained (oligosaccharides and polysaccharides consist of multiple monosaccharide molecules, for example glycogen is long chained carbohydrate). Additionally, complex carbs keep you feeling fuller longer and are rich in minerals.

If you want the best performance during your training or throughout your day, you need to choose the right carbohydrates at the right time. For example, in the morning it's better to eat complex carbohydrates because they are going to keep you »full« for longer time and will provide you the energy longer. If you eat simple carbohydrates in the morning you will get instant »energy boost« and you will feel good for a short period of time, then the energy levels will drop instantly again and you will feel »bad«. So, you will take simple carbs again to »lift you up« and everything will repeat over and over again. That's why it's better to eat as much complex carbohydrates and as fewer simple carbohydrates as possible during the day. But as always don't exaggerate with any type of carbs, keep the balance that is best for your body, always listen to your body because it will tell you exactly what it needs.

SOURCES OF SIMPLE CARBOHYDRATES:

- Sugar,
- Sweets,
- Sweetened soft drinks and fruit juices,
- Products containing refined or bleached flour.

SOURCES OF COMPLEX CARBOHYDRATES:

- Brown rice,
- Whole grain products,
- (Sweet) potatoes,
- Legumes,
- Cereals and grains,
- Vegetables,
- Yams,
- Much more...



FATS

Most people are scared of fats because they think it is going to make them fat...but the reality is different. Fats are very important macronutrient, essential for survival – that means our body can't work properly without it. Fat is important for the production of hormones and it helps the body to store certain nutrients as well. The so called »fat soluble« vitamins (A, D, E and K) are stored in the liver and in fatty tissues. But you need to understand that not every kind of fat is essential for survival. Fats classify into: saturated fat, mono and poly-unsaturated fat and trans-fat.

| SATURATED FAT | MONO AND POLY-UNSATURATED FAT | TRANS FAT |
|---|--|---|
| Dairy products, butter, meat products, coconut butter | Olive oil, flaxseed oil, canola oil, safflower oil, wheat, germ oil, nuts, avocados, cold-water fish | Baked goods, fried foods, some types of margarine |

SATURATED FATS

If you eat a lot of saturated fats, you increase the risk of heart disease and high blood cholesterol levels. These fats are solid at room temperature and we can find them in meat (beef, pork, salami...), palm oil, coconut, we can find them also in fatty snack foods (potato chips...), cakes and high fat muffins, pastries and pies...try to avoid these fats as much as possible.

UNSATURATED FATS

Unsaturated fats are an important part of a healthy diet. These fats help reduce the risk of heart disease and lower cholesterol levels when they replace saturated fats in the diet. You can get them through nutritious diet.

There are two main types of unsaturated fats:

| POLYUNSATURATED FATS | MONOUNSATURATED FATS |
|---|--|
| <ul style="list-style-type: none">- Omega-3 fats which are found in fish (oily fish),- Omega-6 fats which are found in nuts, safflower, soybean oil. <p>It's recommended to consume omega-3 and omega-6 at a ratio 5:1</p> | <ul style="list-style-type: none">- Olive oil,- Canola oil,- Avocados,- Some nuts (cashew, almonds) |

TRANS FATS

Trans fats are unsaturated fats that have been processed and as a result they behave like saturated fats. Eating trans fats will increase the levels of bad cholesterol and decrease the levels of good cholesterol in the body which is major factor for heart disease. Whenever you can, try to avoid trans fats and replace them with mono and poly-unsaturated fats in order to stay healthy. We can find trans fats in many packaged foods, butter and in margarines.

Fats should make up about 30-35% of our daily caloric intake, always eat more unsaturated than saturated fats.

SOURCES OF HEALTHY FATS:

- Avocados,
- Dark chocolate,
- Whole eggs,
- Fatty fish,
- Nuts,
- Chia seeds,
- Full-fat yogurt,
- Extra virgin olive oil.



REMEMBER:

If you want to live a healthy life then all 3 macronutrients (protein, carbohydrates and fats) should be a part of your diet. They will perform important functions in your body. The best thing to do is to choose a balanced »diet« with the appropriate ratio of those 3 macronutrients in order to stay vital and healthy. Don't forget that this E-book only helps you understand the basic principles that you need to know about macronutrients and it is oversimplified!

5. TRAINING PROGRAM

INTERMEDIATE



”

“When you want to succeed as bad as you want to
breathe, then you'll be successful.”

- Eric Thomas

6. SCAPULA AND HOW TO USE IT

What is scapula?

The scapula, commonly referred to as the shoulder blade is the bone that sits above the rib cage in the upper back. It creates the shoulder joint where it meets with the head of the humerus – the bone of the upper arm. The scapula can move in six directions and each movement is produced by specific, primary muscles.

In calisthenics (bodyweight exercises) the scapula plays a big role. It is very important to start strengthening proper muscles and to start working on shoulder mobility as soon as possible if you want to stay injury free and if you want to have better overall performance. That's why it's crucial to understand all the movements of the scapula.

EXAMPLES IN PRACTICE:

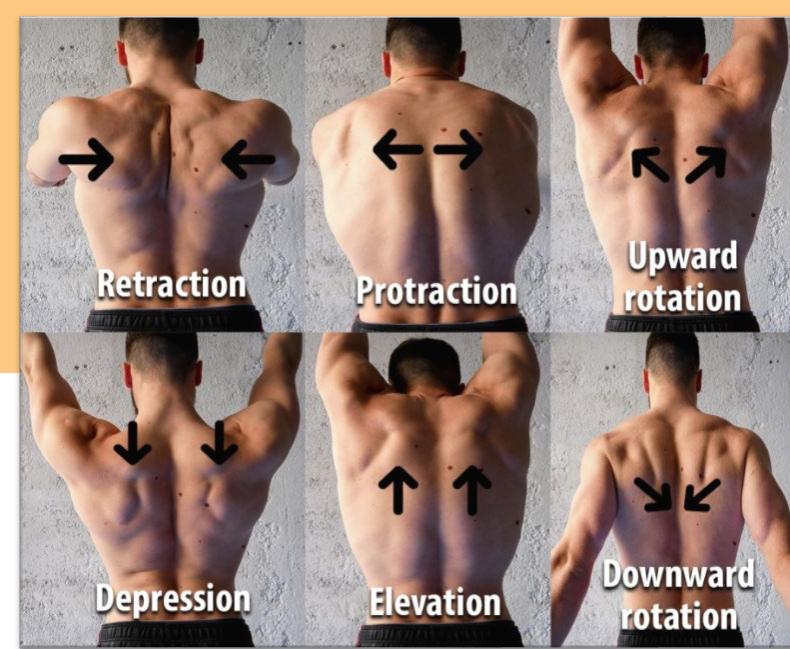
Pull-up: You need to retract and depress the scapula on your way up.

Handstand: Scapula must be elevated all the time.

Dips: Scapula must be depressed.

Planche: Scapula must be protracted and depressed at the same time.

As you can see the proper understanding of the scapula will help you a lot!



| The action of the scapula | What the action looks like (try it yourself) | Primary muscles |
|--------------------------------|--|--------------------------------------|
| <i>Elevation</i> | Glide the shoulders upward toward the ears | Upper trapezius elevator scapulae |
| <i>Depression</i> | Glide the shoulders downward | Lower trapezius |
| <i>Retraction (adduction)</i> | Pinch the shoulder blades toward each other | Rhomboids middle trapezius |
| <i>Protraction (abduction)</i> | Round the shoulders forward | Serratus anterior |
| <i>Upward rotation</i> | Lift the arms overhead; scapulae will follow and rotate upward | Upper and middle trapezius |
| <i>Downward rotation</i> | Return the arms downward from the overhead | Rhomboids |

Routine for mastering the scapula movement and to get it stronger:

Do this routine whenever you want (on a rest day, for warm up, when you don't feel like training...!)!

| | Exercise | Reps | Sets | Rest | Video |
|---|---------------------|------|------|------------------------------|--|
| A | Scapula retraction | 10 | 3 | 60-120sec rest, perform A | CLICK HERE (VIDEO) Hold retraction for 1-2sec on each rep. You can make it harder by doing hanging scapula retraction. But always make sure that you mastered the exercise before moving to harder variations. |
| B | Scapula protraction | 10 | 3 | 60-120sec rest, perform B | CLICK HERE (VIDEO) Hold protraction for 1-2sec on each rep. You can make it harder by doing scapula protraction in a push-up position. |
| C | Scapula depression | 10 | 3 | 60-120sec rest, perform C | CLICK HERE (VIDEO) Hold depression for 1-2sec on each rep. You can make this exercise harder by doing it on dip bars. |
| D | Scapula elevation | 10 | 3 | 60-120sec rest, perform D | CLICK HERE (VIDEO) Hold elevation for 1-2sec on each rep. You can make this exercise harder by doing it with a resistance band. |

7. MOBILITY AND FLEXIBILITY

Mobility and flexibility are often times overlooked. Most people tend to focus on other important pieces of healthy living (diet and exercise) and allow flexibility and mobility to fall to the wayside.

Being flexible and having full joint mobility can have several beneficial implications on quality of life, including: reducing day to day pain, and increasing vascular health.

THE DIFFERENCE BETWEEN MOBILITY AND FLEXIBILITY:

| MOBILITY | FLEXIBILITY |
|--|---|
| The ability of a joint to move actively through a range of motion, | The ability of a muscle or muscle groups to lengthen passively, |
| Range of motion that you have active control over, | Range of motion you may or may not have control over, |
| Mobility has carry over to movement. | Flexibility does not carry over to movement. |

Effectively increasing mobility and flexibility can increase joint and cardiovascular health. Many conditions such as lower back pain can be quickly resolved with proper work on flexibility, which can lead to improved quality of life and work productivity. There are many methods to improve mobility and flexibility, including foam rolling and static stretching. It may seem boring to work on flexibility and mobility, but if you want to build a healthy foundation for your training – this is an absolute must to do!

If you have good mobility and flexibility then everyday activities seem so much easier to do, you move freely. Especially if you are doing a lot of physical work throughout the day. I encourage you to start taking care of your mobility and flexibility from now on because it is VERY IMPORTANT!

8. TEMPO (EXPLAINED)

The tempo is very important especially when it comes to bodyweight exercises. Changing exercise tempo will assist with strength gain, adding difficulty, and even more fun with what you're doing, also your muscles will be more time under tension. Here's a proposed method we've always used to measure tempo, which breaks an exercise down into four parts.

These parts include:

- The Eccentric (lowering down)
- The Bottom (pause)
- The Concentric (bringing up)
- The Top (pause)

We assign each of these parts a number in seconds, which dictates how long you will perform each part of the exercise.

Written down, it could look like so (in order from 1-4 above):

3101

What does that mean?

If I were to apply this style of tempo measurement to pull-up, it would be read as:

Lower yourself down for 3 seconds, pause at the bottom position for 1 second, pull yourself up as fast as you can, and hold yourself at the top for 1 second.

If you want to apply these numbers to dips you would read it as:

Lower yourself down for 3 seconds, pause at the bottom position for 1 second, push yourself up as fast as you can, and rest at the top for 1 second.

9. WARM-UP

Warm up before every training session is an absolute must to do! Warm up is as important as training because you prepare your body for a training session and also you perform better when you are warmed up. The most important thing is – you will have less chance of getting injured!

Always do 8-10 repetitions of each warm-up exercise. If you are doing upper body training then choose to do only upper body warm-up (including wrist warm-up), you can also do full body warm-up (all the routines) if you want, before every training session.

NEVER MISS YOUR WARM-UP!

| Exercises | Video |
|--|--|
| Upper body warm-up | CLICK HERE (VIDEO) Reps: 8-10 reps of each exercise |
| Upper body warm-up (resistance bands) | CLICK HERE (VIDEO) Reps: 8-10 reps of each exercise |
| Upper body warm-up (resistance bands #2) | CLICK HERE (VIDEO) Reps: 8-10 reps of each exercise |
| Scapula activation (resistance bands) | CLICK HERE (VIDEO) Reps: 8-10 reps of each exercise |
| Wrist warm-up | CLICK HERE (VIDEO) Reps: 8-10 reps of each exercise |
| Lower body warm-up | CLICK HERE (VIDEO) Reps: 8-10 reps of each exercise |
| Lower body warm-up (hip opener) | CLICK HERE (VIDEO) Reps: 8-10 reps of each exercise |
| Lower body warm-up (hip opener #2) | CLICK HERE (VIDEO) Reps: 8-10 reps of each exercise |
| Lower back warm-up | CLICK HERE (VIDEO) Reps: 8-10 reps of each exercise |

10. INTERMEDIATE TRAINING PROGRAM

Welcome to this calisthenics Intermediate training program. I hope you are serious and dedicated to take your training to the next level. Just remember – all the information here is FREE and it's up to you to make it worth it. You have no excuses!

Intermediate training program consists of 30 days of training (4 weeks). Every week you'll do 5 training sessions properly structured to help you become the best you can be. Before you start your training make sure that you warm-up first and then perform the full training as written.

When you finish 30 days of this program you can move to the next program which is Advanced. If you can't do the Advanced program yet and the Intermediate program feels too easy – then increase the reps of the exercises or add the weight to the exercises.

Always listen to your body!

I wish you all the best and a lot of success with the program!

Don't forget to share your progress with others in a Facebook group and on your social media and tag Bine Beast to review it.

Let's go – It's time to work...



PREHAB EXERCISES (AFTER WARM-UP)

HANGING SCAPULA RETRACTIONS

Grab the bar with your hands about shoulder width apart. Hang on the bar totally relaxed (relax your back, shoulders, everything). Now retract the scapula (put your shoulder blades together) and hold in the top position for 1-2sec and relax again. Do the reps. You must keep your arms straight all the time and do the work only with your scapula.

SCAPULA RETRACTION + PROTRACTION (PUSH-UP POSITION)

Get in a push-up position. Place your hands about shoulder width apart. Keep your arms straight all the time and also you must keep the hollow body. First, fully retract the shoulders and then fully protract the shoulders (scapula). Try to make as big movements as possible.

KNEE ROTATIONS

Stand with your feet shoulder width apart, keep your feet flat on the floor, bent your legs a little and start making controlled rotations with your knees. Perform the rotations both ways.

KNEE OVER TOES (ELEVATED)

Find an elevated surface and step on it with your legs about shoulder width apart. Now put one leg in front of you. Start bending the other leg and move down slowly. The goal here is to touch the ground with the heel with one leg and to put the knee of the other leg as much over your toes as possible. Always keep your feet flat on the ground. Make sure that the elevated surface is not too high.

SQUAT UPS

Start this exercise in a squat position. Place your hands on your feet and raise your butt up, go up until you have straight legs. Hands must be always touching your feet, then go down in squat position again. Do this for reps. If you don't have enough flexibility then just try to keep your hands as close to the ground as possible.

LAYING SHOULDER DISLOCATIONS

Lay down on the floor with your belly touching the ground. Use a bar or resistance band and find a width that's comfortable, keep your arms straight and rotate the bar around you while retracting the scapula as hard as you can. It's important to do this movement with control. You should not feel any pain

SHOULDER BENCH OPENER

Place your hands shoulder-width apart on a bench, stall bars or any other object of the same height. Keep the arms straight, look a bit forward, point the hips back and extend the back, try to move your chest to the floor while keeping tension on the arms. Hold the stretch in the deepest position possible for a time. You should not feel any pain.

PRESS UP STRETCH

Lay down with your belly touching the ground. Place your hands shoulder width apart (as with push-up) and then push up only your upper body. Your legs must be completely on the ground. You need to have straight arms and your head must be turned up. You need to turn your head up as much as you can. Feel the stretch in your core.

SCAPULA DEPRESSION (PARALLEL BARS)

Find parallel (dip) bars. Get in position as you would do dips. Legs are relaxed and elbows are locked out, now put your shoulders up (try to touch your ears) and then push them down (depression). Your body must move up and down.

LAYING SHOULDER STRETCH

Sit on the floor, put your hands behind you with your palms touching the ground. Now start slowly moving forward with your body, don't move your arms (they need to be in the starting position). Go forward as much as you can. You need to feel the stretch in your shoulders but there should never be a pain! Breathe deeply.

DORSIFLEXION BAND STRETCH (CIRCLES)

Loop the band around your ankle, move as much forward as possible with your feet, stand in a split squat position with your feet flat on the floor. Now perform a split squat and make sure that your knee travel as much forward as possible while keeping your feet flat on the floor. Start making slow and controlled circles with your knee.

KNEE TO WALL

Place your feet around 10 centimeters from the wall (depends on your ankle mobility). Keep your feet flat on the ground all the time, bent your leg a little and start moving your knee to the wall. Try to touch the wall with the knee while keeping your feet flat on the ground. Always do this exercise with one leg at the time. Feel the stretch in your heels and calves.

TRAINING EXERCISES

PULL-UPS

Use pronated grip, around shoulder-width apart, put your thumbs over or under the bar. Now hang in a deadhang, as you pull-up retract and depress the scapula and try to get your chest to the bar on each rep. If you go only with your chin over the bar that's good but if you focus on getting with your chest to the bar you would get with your chin over the bar easier. Try to create as much speed and force as possible but keep control.

DIPS

Start this exercise in support position on dip bars. Shoulders must be depressed, arms straight. Now start bending the arms and moving down while keeping tension on the arms, shoulders, and chest. Lean a little forward, go with your shoulders down until you reach the 90-degree angle and then push back up. Do the exercise with control. Make sure that your elbows don't go too much outwards.

TUCK CHIN-UPS ON RINGS

Start this exercise in a deadhang position (arms straight). Grab the rings in the pronated grip. Then tuck your knees so that you have legs in a 90-degree position. Now start pulling yourself up. Go as high as you can and when you reach the top position you must turn the rings inwards so that you now have supinated grip. Then lower yourself back down to the deadhang position.

PUSHUPS ON RINGS

Hang the rings about 5-10cm from the ground. Now go in a support position. Scapula must be protracted and depressed, activate your core and legs, arms straight. Rings must be turned outwards. Now start lowering yourself down. Make sure that your elbows are always near your body. When you reach 90-degree position with your arms then start pushing back up and end the exercise in support position again.

HANGING SCAPULA RETRACTION HOLD

Hang from the bar in a deadhang with a shoulder width grip and straight arms, put your chest forward and up, arch the back slightly and tense the glutes. Your shoulder blades must be together now. Hold in that position for as long as you need.

PUSHUP SUPPORT HOLD ON RINGS

Hang the rings about 5-10cm from the ground. Now grab the rings and turn them outwards. Maintain straight arms, your scapula must be protracted and depressed. You must be touching the ground only with your toes. Activate your core and legs. Hold in that position for as long as you need.

EAGLE ARMS

Stand with your legs about shoulder width apart, bent your legs a little and move your chest down a little. Keep your lower back straight. Put your hands in front of you so that they are parallel to the ground. Start by rotating your wrists outwards and then slowly bend your arms and move them backward, do the circle near your body and move your arms again in the first position. Imagine that you are swimming. For this exercise use small weight (0,5 – 1kg)

SINGLE LEG SQUATS FROM BOX

Find a box or a high platform and step with one leg on it. Find a comfortable position. Now start lowering yourself down in a squat position with one leg while keeping the other leg straight. Perform the exercise with control.

JUMPING SQUATS

Stand with your legs a little wider than your hips, turn your feet a bit outwards. Now start lowering yourself down, keep your back straight. When you reach the lowest position go up as fast as you can and jump with your feet off the ground. When you go down keep arms in front of you and when you go up swing with your arms backward for more explosiveness. Land softly and do the next rep.

BULGARIAN SPLIT SQUATS

Start the exercise in a split squat position. Place one leg behind you on a little elevation such as step box or stair step. Now move the other leg forward enough so that your knee won't go as much over your toes during the movement. Your chest must be up throughout the movement, spine neutral. Now start moving down as far as possible and then go back up. Activate the quads on top and repeat.

BOX JUMPS

Use a box or any other platform (about 50+ cm high). Now stand in front of the box about shoulder width apart with your legs. Lower your hips a little and jump explosively on the platform with the help of your arms (swing).

ONE LEG HIP UPS

Lay down with your back on the ground. Bent one leg and keep your feet on the ground. The other leg must be straight and elevated from the ground. Now start pushing one leg to the ground and raise your hips. Go with your hips as high as you can while keeping posterior pelvic tilt for better muscle activation. Do the exercise with control.

WALL SIT

Find a wall and turn with your back against it. Now lower yourself down until your legs are in 90-degree position (like when you are sitting on the chair). Keep your back against the wall and your feet on the ground. Push with your legs and activate your quads. Hold in this position for as long as you need.

INVISIBLE ROPE JUMPS

Stand about shoulder width apart with your legs. Now start jumping. Always make sure that you are not bending the knees too much. Perform this exercise using only your toes. Also, your heel must not touch the ground when you land. Maintain a straight body position and activate your calves on each jump. Imagine as if you are jumping with the rope.

PIKE PUSHUPS

Place your hands about shoulder width apart or slightly wider, look to the floor in front of your hands. Go in a pike position (hips and butt up), have straight legs. Tension the core, elevate the scapula and start moving to the point you are looking at. Keep tension on the arms and shoulders and push back up once you are very close to the ground with your head. Finish each rep with straight arms and fully elevated scapula.

L-SIT RAISES ON PARALLEL BARS

Go in a dip support position on parallel bars (arms locked out and scapula depressed). Now start raising your legs to an L-sit position (parallel to the ground) and go back down. Keep the legs straight and don't bend them. Do the exercise slow and controlled.

HANDSTAND WALL WALKS

Start the exercise in a pushup position with straight arms and your feet against the wall. Now take small steps to the wall while keeping your arms straight and your body hollow. Move up until you reach handstand position with your belly against the wall. Shoulder blades must be elevated in a handstand position. Now go back down with the exact small steps and hollow body. Always do the exercise with control and keep your arms shoulder-width apart.

HANGING FLUTTER KICKS

Hang from the bar with your arms about shoulder-width apart. Now raise your legs in front of you to an L-sit position (parallel to the ground). Keep your legs in that position and start doing small moves up and down with both legs. Do the exercise for as long as you need.

DECLINE PUSHUPS

Place your legs on an elevated surface and your arms on the floor and go in a pushup position (arms about shoulder-width apart and completely straight). Now start going down as much as you can and then go back up to a starting position. Make sure that your elbows are near your body throughout the whole movement and that you don't bend the lower back. Do the reps.

HOLLOW BODY HOLD

Lay with your back on the ground. Now elevate the legs so that you are not touching the ground with them. Keep posterior pelvic tilt (your lower back must be touching the ground all the time). Lift your chest up and keep your arms straight to the sides in front of you. Keep your scapula protracted and depressed.

PUSHUP SUPPORT HOLD ON RINGS

Go into a pushup position on the rings with straight arms. Keep your scapula protracted and depressed and your body in hollow position all the time. Turn the rings outwards. Tension the whole body and push hard into the rings.

CLOSE GRIP PULL-UPS

Grab the bar in a close pronated grip. Hang from the bar in a deadhang position (arms straight). Start pulling up as high as possible while depressing the scapula as much as you can. Then lower yourself back down to the deadhang position. Do the reps.

STRAIGHT BAR DIPS

Find a lower bar so that you can easily go over it. Start the exercise with straight arms (support position). Scapula must be depressed. Now start going down. Make sure that your elbows are near your body throughout the whole movement. Don't put them to the sides. When you reach the bar with your chest push back up and finish in a support position. Do the reps.

JOHNNY CHIN-UPS

Hang from the bar with your arms about shoulder width apart in a supinated grip. Now pull yourself up. Retract and depress the scapula as much as you can. Go up as high as possible and then lower yourself a little so that you reach a 90-degree position with your arms and pull back up. Now lower yourself down to a deadhang position (arms straight). This is one repetition. Do as many reps as you need.

RUSSIAN PUSHUPS

Start the exercise in a normal pushup position. Now lower yourself down and when you reach the lowest position start placing your elbows back so that you touch the ground with them. Then lean a bit forward, elevate the elbows from the ground and push back up. Finish the exercise in a starting position.

RING ROWS WITH 2SEC HOLD ON TOP

Place your legs on the ground or on an elevation, again you put your legs in a half lay position. Your hips must be in line with your shoulders. Your scapula must be retracted. Use neutral grip and always lock out your elbows at the end of each rep. Put your hips and chest up at all times. Try to pull as high as possible on each rep and hold for 2 sec in that position. Do not bend at the hips, you must always stay in line with the shoulders throughout the movement.

IMPOSSIBLE PUSHUPS

Start the exercise in a normal pushup position. Now lower your elbows back until you reach the ground with them, then push back up only with your triceps, push your hands hard into the ground. When you reach the starting position flex the triceps as hard as you can and then do another repetition. Always make sure that your shoulders don't cross your fingers.

CUBAN ROTATIONS

Sit in position so that your elbow is at shoulder height, put your elbow on your knee. Keep your back straight and chest up, retract and depress the scapula. Keep pushing the elbow back and at shoulder height during the whole movement. Do this exercise with control!

JUMPING SQUATS

Stand with your legs a little wider than your hips, turn your feet a bit outwards. Now start lowering yourself down, keep your back straight. When you reach the lowest position go up as fast as you can and jump with your feet off the ground. When you go down keep arms in front of you and when you go up swing with your arms backward for more explosiveness. Land softly and do the next rep.

ONE LEG BOX JUMPS

Find a box or any other platform (about 50cm high). Stand in front of the box with one leg on the ground and the other slightly bent (not touching the ground). Now go down a little (bent the leg that is touching the ground) and put your arms behind you, jump with one leg and swing the arms high in front of you to be more explosive and land on the box with both legs at the same time. Go from the box and repeat the exercise.

JUMPING LUNGES

Stand in a split squat position with both legs on the ground. Now start going down until you are close to the ground with our knee (legs must be in 90-degree position) and then go up as fast and explosive as you can, jump from the ground and in the air change the legs so that you land with the other leg in front of you. Change the legs on each repetition. Do the exercise with control.

ONE LEG BOX SQUATS

Find a box or any other platform high enough so that you can sit on it (you can use a chair). Stand in front of the platform with your back facing it. Elevate one leg and place it slightly in front of you. Now start lowering down with one leg until you touch the platform with your butt, then go back up in the starting position. Do the reps.

GLUTE HAM RAISES

Fix the ankles below the bar or stall bars (make sure that the bar is strong) and place the knees on the ground. Start the exercise with your body straight from knees up. Lean yourself a bit forward and start lowering your upper body down while keeping your hips in the same place. Touch the ground with your nose and lift the upper body back up. Feel the activation of hamstrings and calves. Do the reps.

JUMPS OVER BARRIER

Find a barrier (50cm high or higher) and stand in front of it with both legs on the ground. Start bending the knees a little and put your arms behind you, then explode up and swing with your arms high in front of you. Jump over the barrier and land softly. Now repeat the exercise. Do the reps.

CALF RAISES

Find a surface which is 15-20cm high. Stand with your toes (upper half of the feet) about shoulder width apart or close together or wide. Now fully stretch the heels down (you need to feel the stretch in your calves) and then go up as high as you can. Do this exercise slowly and with control and feel every rep.

TRAINING SCHEDULE:

| | |
|-------|------------------------|
| Day 1 | Upper body pull + push |
| Day 2 | Legs |
| Day 3 | Shoulders + abs |
| Day 4 | Upper body pull + push |
| Day 5 | Legs |

This is your weekly training schedule. Adapt this schedule to your needs and wants. You can have a rest day after 2 or 3 days of training or you can perform all 5 training days and then have 2 days of rest. There is no right or wrong. It all depends on you. Do it as you want. Just make sure that you do all 5 training days in a week.

Day 1

AFTER WARM-UP:

| | Exercise | Reps | Sets | Rest | Video |
|----|---|------|------|------------------------------|------------------------------------|
| A1 | Hanging scapula retractions | 6 | 2 | 15-30sec rest, perform A2 | VIDEO (CLICK HERE) |
| A2 | Scapula retraction+ protraction (push-up position) | 6 | 2 | 15-30sec rest, perform A1 | VIDEO (CLICK HERE) |

TRAINING:

| | Exercise | Reps | Sets | Rest | Tempo | Video + progressions |
|----|---------------------------------|----------|------|-----------------------------|---------------------------|--|
| A1 | Pull-ups | 8 | 5 | 120-180sec rest, perform A2 | 2101 | VIDEO (CLICK HERE) Progressions: Week 2: 10 reps, 4 sets Week 3: 10 reps, 5 sets Week 4: 12 reps, 4 sets |
| A2 | Dips | 12 | 5 | 120-180sec rest, perform A1 | 2101 | VIDEO (CLICK HERE) Progressions: Week 2: 15 reps, 4 sets Week 3: 15 reps, 5 sets Week 4: 18 reps, 4 sets |
| B1 | Tuck chin-ups on rings | 6 | 4 | 120sec rest, perform B2 | 3101 | VIDEO (CLICK HERE) Progressions: Week 2: 8 reps, 4 sets Week 3: 6 reps, 5 sets Week 4: 8 reps, 5 sets |
| B2 | Push-ups on rings | 8 | 4 | 120-180sec rest, perform B1 | 3101 | VIDEO (CLICK HERE) Progressions: Week 2: 10 reps, 4 sets Week 3: 8 reps, 5 sets Week 4: 8 reps, 5 sets |
| C1 | Hanging scapula retraction hold | 15sec | 3 | 120sec rest, perform C2 | - | VIDEO (CLICK HERE) Progressions: Aim for 30sec hold. Week 2: 3 sets Week 3: 3 sets Week 4: 3 sets |
| C2 | Push-up support hold on rings | 15-20sec | 3 | 120-180sec rest, perform C1 | - | VIDEO (CLICK HERE) Progressions: Aim for 20sec hold. Week 2: 3 sets Week 3: 3 sets Week 4: 3 sets |
| D | Eagle arms | 8 | 2 | 60-120sec rest, perform D | Do it slow and controlled | VIDEO (CLICK HERE) Progressions: Week 2: 10 reps, 2 sets Week 3: 8 reps, 3 sets Week 4: 10 reps, 3 sets |

Day 2

AFTER WARM-UP:

| | Exercise | Reps | Sets | Rest | Video |
|----|------------------------------|--------------|------|------------------------------|------------------------------------|
| A1 | Knee rotations | 10+10 | 2 | 15-30sec rest, perform A2 | VIDEO (CLICK HERE) |
| A2 | Knee over toes (elevated) | 4 (each leg) | 2 | 15-30sec rest, perform A3 | VIDEO (CLICK HERE) |
| A3 | Squat ups | 5 | 2 | 60sec rest, perform A1 | VIDEO (CLICK HERE) |

TRAINING:

| | Exercise | Reps | Sets | Rest | Tempo | Video + progressions |
|----|----------------------------|--------------|------|-----------------------------|-------|--|
| A1 | Single leg squats from box | 4 (each leg) | 5 | 120sec rest, perform A2 | 2101 | VIDEO (CLICK HERE) Progressions: Week 2: 5 (each leg), 4 sets Week 3: 5 (each leg), 5 sets Week 4: 6 (each leg), 4 sets |
| A2 | Jumping squats | 8 | 5 | 120-180sec rest, perform A1 | 2101 | VIDEO (CLICK HERE) Progressions: Week 2: 10 reps, 4 sets Week 3: 10 reps, 5 sets Week 4: 12 reps, 4 sets |
| B1 | Bulgarian split squats | 8 (each leg) | 4 | 120-180sec rest, perform B2 | 3101 | VIDEO (CLICK HERE) Progressions: Week 2: 10 (each leg), 3 sets Week 3: 10 (each leg), 4 sets Week 4: 12 (each leg), 4 sets |
| B2 | Box jumps | 8 | 4 | 120-180sec rest, perform B1 | - | VIDEO (CLICK HERE) Progressions: Week 2: 10 reps, 3 sets Week 3: 10 reps, 4 sets Week 4: 12 reps, 4 sets |
| C1 | One leg hip-ups | 5 (each leg) | 3 | 60sec rest, perform C2 | 3101 | VIDEO (CLICK HERE) Progressions: Week 2: 6 (each leg), 3 sets Week 3: 8 (each leg), 3 sets Week 4: 8 (each leg), 3 sets |
| C2 | Wall sit | 45-60sec | 3 | 60sec rest, perform C3 | - | VIDEO (CLICK HERE) Progressions: Aim for 60sec hold. Week 2: 3 sets Week 3: 3 sets Week 4: 3 sets |
| C3 | Invisible rope jumps | 45-60sec | 3 | 120-180sec rest, perform C1 | - | VIDEO (CLICK HERE) Progressions: Aim for 60sec. Week 2: 3 sets Week 3: 3 sets Week 4: 3 sets |

Day 3

AFTER WARM-UP:

| | Exercise | Reps | Sets | Rest | Video |
|----|------------------------------|----------|------|---------------------------|------------------------------------|
| A1 | Laying shoulder dislocations | 6 | 2 | 15-30sec rest, perform A2 | VIDEO (CLICK HERE) |
| A2 | Shoulder bench opener | 15-20sec | 2 | 15-30sec rest, perform A3 | VIDEO (CLICK HERE) |
| A3 | Press up stretch | 15-20sec | 2 | 60sec rest, perform A1 | VIDEO (CLICK HERE) |

TRAINING:

| | Exercise | Reps | Sets | Rest | Tempo | Video + progressions |
|----|-------------------------------------|--------------|------|-----------------------------------|-------|--|
| A1 | Pike push-ups | 5 | 5 | 120sec rest, perform A2 | 3101 | VIDEO (CLICK HERE) Progressions: Week 2: 6 reps, 5 sets Week 3: 8 reps, 4 sets Week 4: 8 reps, 5 sets |
| A2 | L-sit raises on parallel bars | 6 | 5 | 120-180sec rest, perform A1 | 2101 | VIDEO (CLICK HERE) Progressions: Week 2: 8 reps, 5 sets Week 3: 10 reps, 4 sets Week 4: 10 reps, 5 sets |
| B1 | Handstand wall walks | 2 | 4 | 120sec rest, perform B2 | - | VIDEO (CLICK HERE) Progressions: Week 2: 3 reps, 4 sets Week 3: 4 reps, 3 sets Week 4: 4 reps, 4 sets |
| B2 | Hanging flutter kicks | 10- 15sec | 4 | 120-180sec rest, perform B1 | - | VIDEO (CLICK HERE) Progressions: Aim for 15sec. Week 2: 4 sets Week 3: 3 sets Week 4: 4 sets |
| C1 | Decline push- ups | 8 | 3 | 60sec rest, perform C2 | 2101 | VIDEO (CLICK HERE) Progressions: Week 2: 10 reps, 3 sets Week 3: 12 reps, 3 sets Week 4: 12 reps, 3 sets |
| C2 | Hollow body hold | 15- 30sec | 3 | 60sec rest, perform C3 | - | VIDEO (CLICK HERE) Progressions: Aim for 30sec hold. Week 2: 3 sets Week 3: 3 sets Week 4: 3 sets |
| C3 | Push-up support hold on rings | 15- 30sec | 3 | 120-180sec rest, perform C1 | - | VIDEO (CLICK HERE) Progressions: Aim for 30sec hold. Week 2: 3 sets Week 3: 3 sets Week 4: 3 sets |

Day 4

AFTER WARM-UP:

| | Exercise | Reps | Sets | Rest | Video |
|----|------------------------------------|----------|------|---------------------------|------------------------------------|
| A1 | Scapula depression (parallel bars) | 6 | 2 | 15-30sec rest, perform A2 | VIDEO (CLICK HERE) |
| A2 | Laying shoulder stretch | 10-15sec | 2 | 60sec rest, perform A1 | VIDEO (CLICK HERE) |

TRAINING:

| | Exercise | Reps | Sets | Rest | Tempo | Video + progressions |
|----|---------------------------------|--------------|------|-----------------------------|---|--|
| A1 | Close grip pull-ups | 5 | 5 | 120sec rest, perform A2 | 2101 | VIDEO (CLICK HERE) Progressions: Week 2: 6 reps, 5 sets Week 3: 8 reps, 4 sets Week 4: 8 reps, 5 sets |
| A2 | Straight bar dips | 8 | 5 | 120-180sec rest, perform A1 | 2101 | VIDEO (CLICK HERE) Progressions: Week 2: 10 reps, 5 sets Week 3: 12 reps, 4 sets Week 4: 12 reps, 5 sets |
| B1 | Johnny chin-ups | 4 | 4 | 120sec rest, perform B2 | Do it controlled | VIDEO (CLICK HERE) Progressions: Week 2: 5 reps, 4 sets Week 3: 5 reps, 4 sets Week 4: 6 reps, 3 sets |
| B2 | Russian push-ups | 6 | 4 | 120-180sec rest, perform B1 | Do it controlled | VIDEO (CLICK HERE) Progressions: Week 2: 8 reps, 4 sets Week 3: 8 reps, 4 sets Week 4: 10 reps, 3 sets |
| C1 | Ring rows with 2sec hold on top | 8 | 3 | 120sec rest, perform C2 | Hold for 2sec in upper position on each rep | VIDEO (CLICK HERE) Progressions: Week 2: 10 reps, 3 sets Week 3: 12 reps, 3 sets Week 4: 12 reps, 3 sets |
| C2 | Impossible push-ups | 6 | 3 | 120-180sec rest, perform C1 | 2101 | VIDEO (CLICK HERE) Progressions: Week 2: 8 reps, 3 sets Week 3: 10 reps, 3 sets Week 4: 10 reps, 3 sets |
| D | Cuban rotations | 8 (each arm) | 2 | 60sec rest, perform D | Do it slow and controlled | VIDEO (CLICK HERE) Progressions: Week 2: 8 reps (each arm), 3 sets Week 3: 10 reps (each arm), 2 sets Week 4: 10 reps (each arm), 3 sets |

Day 5

AFTER WARM-UP:

| | Exercise | Reps | Sets | Rest | Video |
|----|---|-----------------|------|------------------------------|------------------------------------|
| A1 | Knee rotations | 10+10 | 2 | 15-30sec rest, perform A2 | VIDEO (CLICK HERE) |
| A2 | Dorsiflexion band stretch (circles) | 10+10 | 2 | 15-30sec rest, perform A3 | VIDEO (CLICK HERE) |
| A3 | Knee to wall | 5 (each leg) | 2 | 60sec rest, perform A1 | VIDEO (CLICK HERE) |

TRAINING:

| | Exercise | Reps | Sets | Rest | Tempo | Video + progressions |
|----|-----------------------------------|------------------|------|-----------------------------|---------------------------|---|
| A1 | Jumping squats | 10 | 5 | 120-180sec rest, perform A2 | 2101 | VIDEO (CLICK HERE) Progressions: Week 2: 12 reps, 5 sets Week 3: 15 reps, 4 sets Week 4: 15 reps, 5 sets |
| A2 | One leg box jumps | 3 (each leg) | 5 | 120-180sec rest, perform A1 | - | VIDEO (CLICK HERE) Progressions: Week 2: 4 (each leg), 5 sets Week 3: 5 (each leg), 4 sets Week 4: 5 (each leg), 5 sets |
| B1 | Jumping lunges | 8 (each leg) | 4 | 120sec rest, perform B2 | 2101 | VIDEO (CLICK HERE) Progressions: Week 2: 10 reps (each leg), 4 sets Week 3: 12 reps (each leg), 3 sets Week 4: 12 reps (each leg), 4 sets |
| B2 | One leg box squats | 4 (each leg) | 4 | 120-180sec rest, perform B1 | 3101 | VIDEO (CLICK HERE) Progressions: Week 2: 5 (each leg), 4 sets Week 3: 6 (each leg), 3 sets Week 4: 6 (each leg), 4 sets |
| C1 | Glute ham raises | 5 | 3 | 60sec rest, perform C2 | 3101 | VIDEO (CLICK HERE) Progressions: Week 2: 6 reps, 3 sets Week 3: 8 reps, 3 sets Week 4: 8 reps, 3 sets |
| C2 | Jumps over barrier | 6 | 3 | 60sec rest, perform C3 | - | VIDEO (CLICK HERE) Progressions: Week 2: 8 reps, 3 sets Week 3: 10 reps, 3 sets Week 4: 12 reps, 3 sets |
| C3 | Calf raises (wide, normal, close) | 10 +10 +10 | 3 | 120-180sec rest, perform C1 | Do it slow and controlled | VIDEO (CLICK HERE) Progressions: Week 2: 12+12+12 reps, 3 sets Week 3: 15+15+15 reps, 3 sets Week 4: 15+15+15 reps, 3 sets |



THANK YOU!

Thank you for using this E-book. I hope you got valuable knowledge which you can now use to improve yourself. By downloading and using this E-book you support my work and I will continue to produce even more amazing things like this in the future.

REMEMBER: Nothing will work unless you do, so start applying the information in real life and see how it changes.

I wish you all the best with your journey to become the best version of yourself.

Bine Beast