

BG L SIT PROGRAM



WELCOME

Welcome to the L-sit Program

This program will be broken down into **5 WEEKS**.

Keep in mind that progress varies: Some need 5 weeks, others more or less.

Each week, you will be given a workout routine, videos & images of the exercises, and tips & tricks (at the end).

Enjoy!

Workout Key:

- **%** = Exercise Intensity. Adjust with resistance bands or progressions.
- **MH** = Max Hold (Hold as long as possible)
- **Reps**: Refers to the number of repetitions or the number of times you perform a particular exercise movement.
- **Sets**: Refers to a group of repetitions. For example, if you're doing 10 reps of push-ups and you do them in 3 sets, it means you do 10 push-ups, rest, then do another 10, and so on, until you complete 3 sets.

RESOURCES

VIDEOS

**WATCH THE VIDEO
BELOW**

CLICK HERE



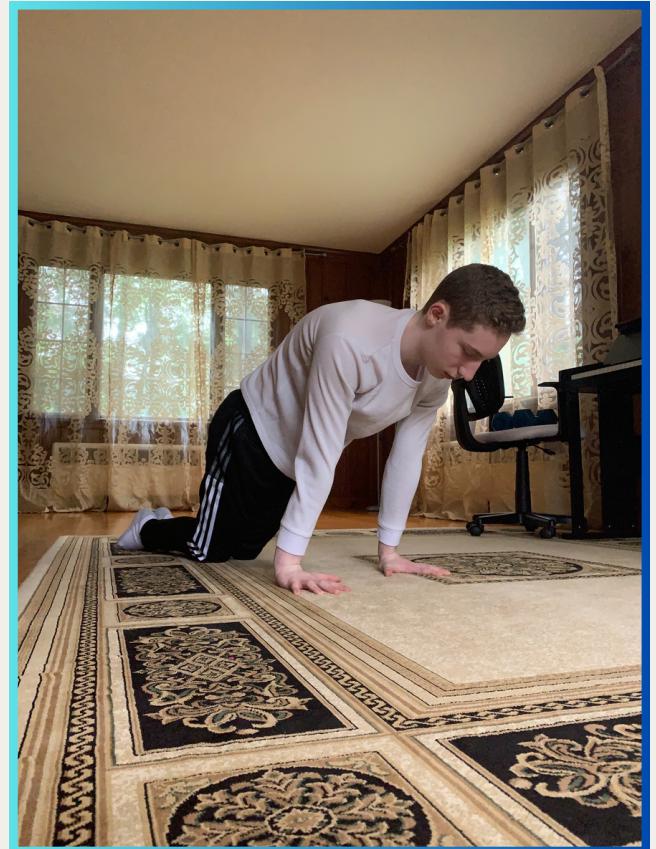
WEEK I: WARM-UP

- Perform this warm-up before training
- This warm-up will help you build strong wrists
- Keep in mind: **The more flexible your hamstrings are, the easier the L sit is.** If you are struggling with the strength factor, increasing your hamstrings flexibility will make the L-sit easier.

Supinated Wrist Lean Backs



Wrists Leans



WEEK I: WORKOUT

Week 1

Monday, January 29, 24

WARM UP	Set 1		Set 2		Set 3		Set 4	
L-Sit Floor Hold	50%	20sec	70%	20sec	70%	16sec	80%	12sec
L-Sit floor Leg Switches		x12		x12		x10		x8
Wall Compressions		10 sec		10 sec		10 sec		10 sec

Tuesday, January 30, 24

WARM UP	Set 1		Set 2		Set 3		Set 4	
L-Sit Floor Hold	50%	20sec	70%	20sec	75%	16sec	80%	12sec
Wall Compressions		10 sec		10 sec		10 sec		10 sec

Thursday, February 1, 24

WARM UP	Set 1		Set 2		Set 3		Set 4	
L-Sit Floor Hold	50%	20sec	70%	20sec	75%	16sec	80%	12sec
Wall Compressions		10 sec		10 sec		10 sec		10 sec

Friday, February 2, 24

WARM UP	Set 1		Set 2		Set 3		Set 4	
Tuck L-sit	50%	5sec	70%	5sec	75%	3sec	80%	3sec
L-Sit floor Leg Switches		x12		x12		x10		x8
Wall Compressions		10 sec		10 sec		10 sec		10 sec

Saturday, February 3, 24 OPTIONAL DAY

WARM UP	Set 1		Set 2		Set 3		Set 4	
L-Sit Floor Hold	80%	xMH						
L-Sit floor Leg Switches		x12		x12		x10		x8
Wall Compressions		10 sec		10 sec		10 sec		10 sec

EXERCISES FOR WEEK I



Seated Compressions

Targets: Hamstrings

Helps your hamstring flexibility and with core compression.



Easier version:

If you can't fully compress, reach to your toes, and try to reach as far as you can.

EXERCISES FOR WEEK I



L Sit floor hold

Targets:

- 1) Hamstrings
- 2) Rectus Abdominis (SixPack)
- 3) Hip Flexors

Helps build a good foundation of starting the L sit. Keep your feet on the floor and lift your body up



Easier version:

Grab books or parallettes and elevate the surface.

EXERCISES FOR WEEK I

L Sit floor leg switches



Targets:

- 1) Triceps
- 2) Rectus Abdominis (SixPack)
- 3) Quadriceps

Helps build a good foundation of starting the L sit. Switch your feet back and fourth

EXERCISES FOR WEEK 1



Wall Compressions

Targets: Hamstrings

Helps your hamstring flexibility and with core compression.



Easier version:

Keep your glutes against the wall and reach down as far as you can. Going closer to the wall will make the exercise harder because it will be more challenging to balance

EXERCISES FOR WEEK I



Tuck L sit hold

Targets:

- 1) Lower Back and Glutes
- 2) Forearms
- 3) Triceps
- 4) Core

Helps build a good foundation of starting the L sit. Keep your feet on the floor and lift your body up



Easier version:

Grab books or parallettes and elevate the surface.

WEEK 2: WARM-UP

Supinated Wrist Lean Backs



Wrists Leans



Seated Leg Lifts



WEEK 2: WORKOUT

Week 2

Monday, February 5, 24

WARM UP	Set 1		Set 2		Set 3	
Tuck L-sit	70%	10sec	80%	6sec	80%	3-6sec
Wall Compressions	80%	3sec	80%	3sec	80%	3sec
Standing Compressions		3sec		3sec		3sec
L-Sit Floor Hold		10sec		10sec		10sec

Tuesday, February 6, 24

WARM UP	Set 1		Set 2		Set 3	
Tuck L-sit	70%	10sec	80%	6sec	80%	3-6sec
Wall Compressions	80%	3sec	80%	3sec	80%	3sec
Standing Compressions	70%	3sec	70%	3sec	60%	3sec
L-Sit Floor Hold		10sec		10sec		10sec

Thursday, February 8, 24

WARM UP	Set 1		Set 2		Set 3	
Tuck L-sit	70%	20sec	80%	16sec	80%	12-16sec
Wall Compressions	80%	3sec	80%	3sec	80%	3sec
Standing Compressions		3sec		3sec		3sec
L-Sit Floor Hold		15sec		15sec		10sec

Friday, February 9, 24

WARM UP	Set 1		Set 2		Set 3	
One leg L-sit	70%	xMH				
Tuck L-sit	80%	3sec	80%	3sec	80%	3sec
Standing Compressions	70%	3sec	70%	3sec	60%	3sec
L-Sit Floor Hold		3sec		3sec		3sec

Sunday, February 11, 24 OPTIONAL DAY

WARM UP	Set 1		Set 2		Set 3	
Tuck L-sit	70%	xMH				
Standing Compressions	70%	3sec	70%	3sec	60%	3sec
L-Sit Floor Hold		3sec		3sec		3sec

EXERCISES FOR WEEK 2



Tuck L sit hold

Targets:

- 1) Lower Back and Glutes
- 2) Forearms
- 3) Triceps
- 4) Core

Helps build a good foundation of starting the L sit. Keep your feet on the floor and lift your body up



Easier version:

Grab books or parallettes and elevate the surface.

EXERCISES FOR WEEK 2



Wall Compressions

Targets: Hamstrings

Helps your hamstring flexibility and with core compression.



Easier version:

Keep your glutes against the wall and reach down as far as you can. Going closer to the wall will make the exercise harder because it will be more challenging to balance

EXERCISES FOR WEEK 2



Standing Compressions

Targets: Hamstrings

Helps your hamstring flexibility and with core compression.



Easier version:

If you can't fully compress, reach to your toes, and try to reach as far as you can.

EXERCISES FOR WEEK 2



L Sit floor hold

Targets:

- 1) Hamstrings
- 2) Rectus Abdominis (SixPack)
- 3) Hip Flexors

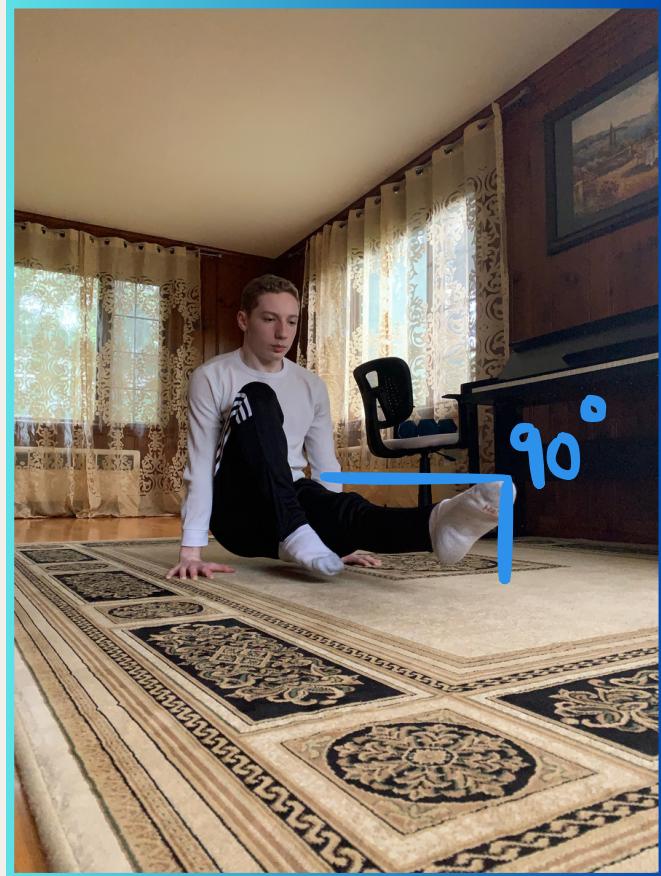
Helps build a good foundation of starting the L sit. Keep your feet on the floor and lift your body up



Easier version:

Grab books or parallettes and elevate the surface.

EXERCISES FOR WEEK 2

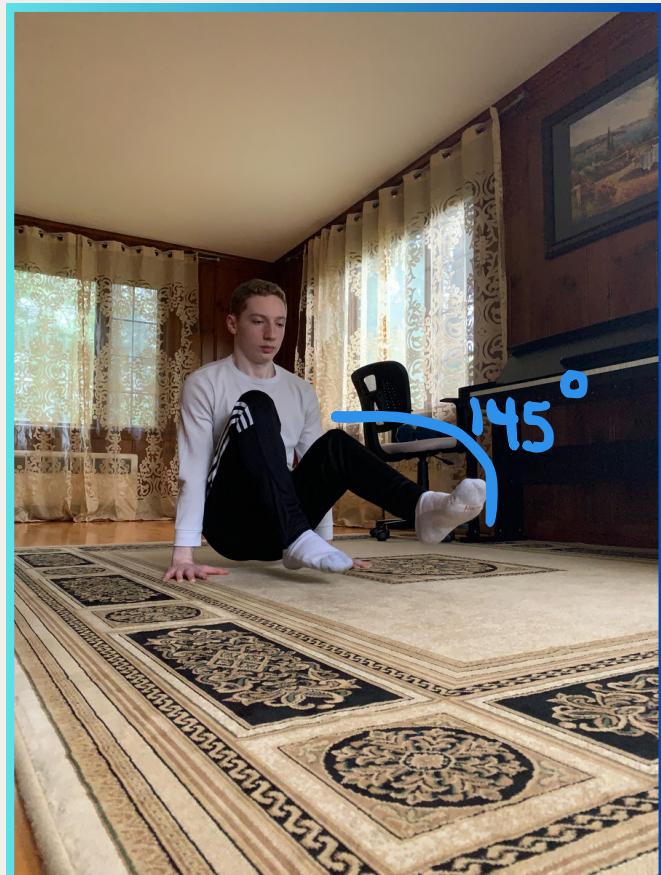


One leg L sit hold

Targets:

- 1) Hamstrings
- 2) Forearms
- 3) Triceps
- 4) Core

Go from a tuck L sit and bring one leg out. Keep that leg straight and keep the other leg tucked in



Easier version:

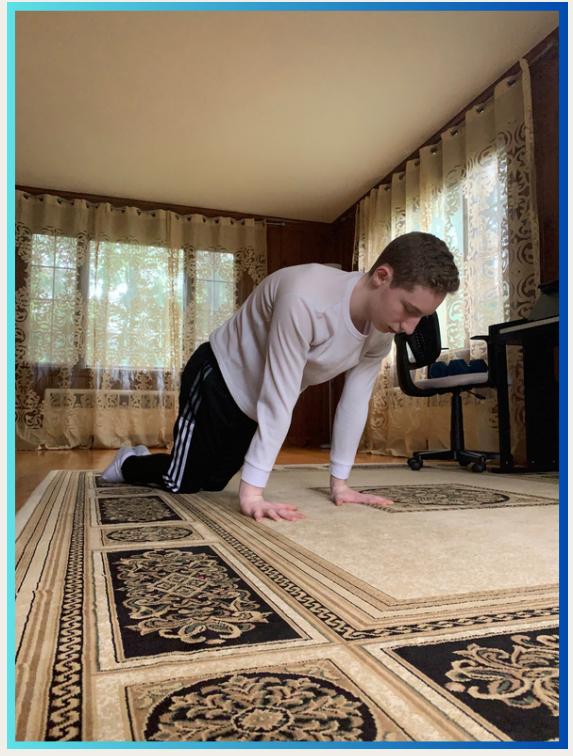
Bend the first leg, but keep your arms straight

WEEK 3: WARM-UP

Supinated Wrist Lean Backs



Wrists Leans



Seated Leg Lifts



WEEK 3: WORKOUT

Week 3

Monday, February 12, 24

WARM UP	Set 1		Set 2		Set 3	
One leg L-Sit Switches	80%	8-12sec	80%	8-12sec	80%	8-12sec
Wall Compressions	80%	10sec	80%	10sec	80%	5sec
L-Sit Floor Hold		10sec		10sec		10sec

Wednesday, February 14, 24

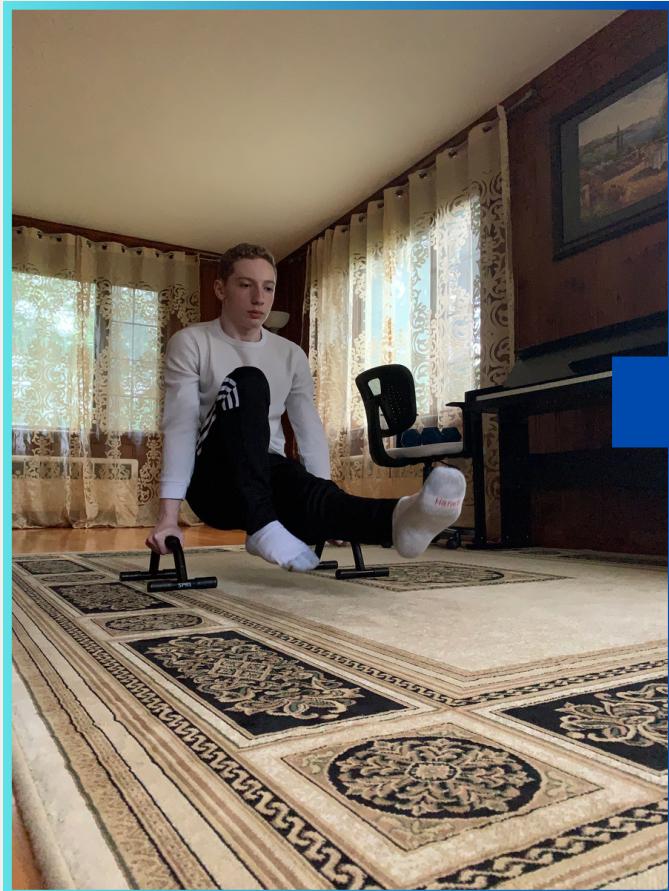
WARM UP	Set 1		Set 2		Set 3	
One leg L-Sit Switches	80%	8-12sec	80%	8-12sec	80%	8-12sec
Wall Compressions	80%	3sec	80%	3sec	80%	3sec
L-Sit Floor Hold		10sec		10sec		10sec

Friday, February 16, 24

WARM UP	Set 1		Set 2		Set 3	
One leg L-Sit Switches	80%	8-12sec	80%	8-12sec	80%	8-12sec
Wall Compressions	80%	3sec	80%	3sec	80%	3sec
L-Sit Floor Hold		10sec		10sec		10sec

EXERCISES FOR WEEK 3

**One leg L sit switches
(Alternate each leg)**



Targets:

- 1) Hamstrings**
- 2) Hip Flexors**
- 3) Core**
- 4) Triceps**

Go into a one leg L sit. Hold each position for 2 seconds and then switch. This will help your stability in the L sit and increase core strength

EXERCISES FOR WEEK 3



Wall Compressions

Targets: Hamstrings

Helps your hamstring flexibility and with core compression.



Easier version:

Keep your glutes against the wall and reach down as far as you can. Going closer to the wall will make the exercise harder because it will be more challenging to balance

EXERCISES FOR WEEK 3



L Sit floor hold

Targets:

- 1) Hamstrings
- 2) Rectus Abdominis (SixPack)
- 3) Hip Flexors

Helps build a good foundation of starting the L sit. Keep your feet on the floor and lift your body up

Easier version:

Grab books or parallettes and elevate the surface.



WEEK 4: WARM-UP

Supinated Wrist Lean Backs



Wrists Leans



Seated Leg Lifts



WEEK 4: WORKOUT

Week 4

Monday, February 19, 24

WARM UP	Set 1		Set 2		Set 3		Set 4
Straddle L-Sit	80%	8-10se	80%	8-10se	90%	6-8sec	
L-Sit floor Leg Switches		x12		x12		x10	x8

Wednesday, February 21, 24

WARM UP	Set 1		Set 2		Set 3		Set 4
Straddle L-Sit	80%	8-10se	80%	8-10se	90%	6-8sec	
L-Sit floor Leg Switches		x12		x12		x10	x8

Friday, February 23, 24

WARM UP	Set 1		Set 2		Set 3		Set 4
Straddle L-Sit	80%	8-10se	80%	8-10se	90%	6-8sec	
L-Sit floor Leg Switches		x12		x12		x10	x8

EXERCISES FOR WEEK 4



Straddle L sit hold

Targets:

- 1) Hip Flexors (Heavily)
- 2) Forearms
- 3) Triceps
- 4) Core

Go from a tuck L sit and bring two legs out to a straddle position.

You will experience cramps

EXERCISES FOR WEEK 4

L Sit floor leg switches



Targets:

- 1) Triceps
- 2) Rectus Abdominis (SixPack)
- 3) Quadriceps

Helps build a good foundation of starting the L sit. Switch your feet back and fourth.

WEEK 5: WARM-UP

Supinated Wrist Lean Backs



Wrists Leans

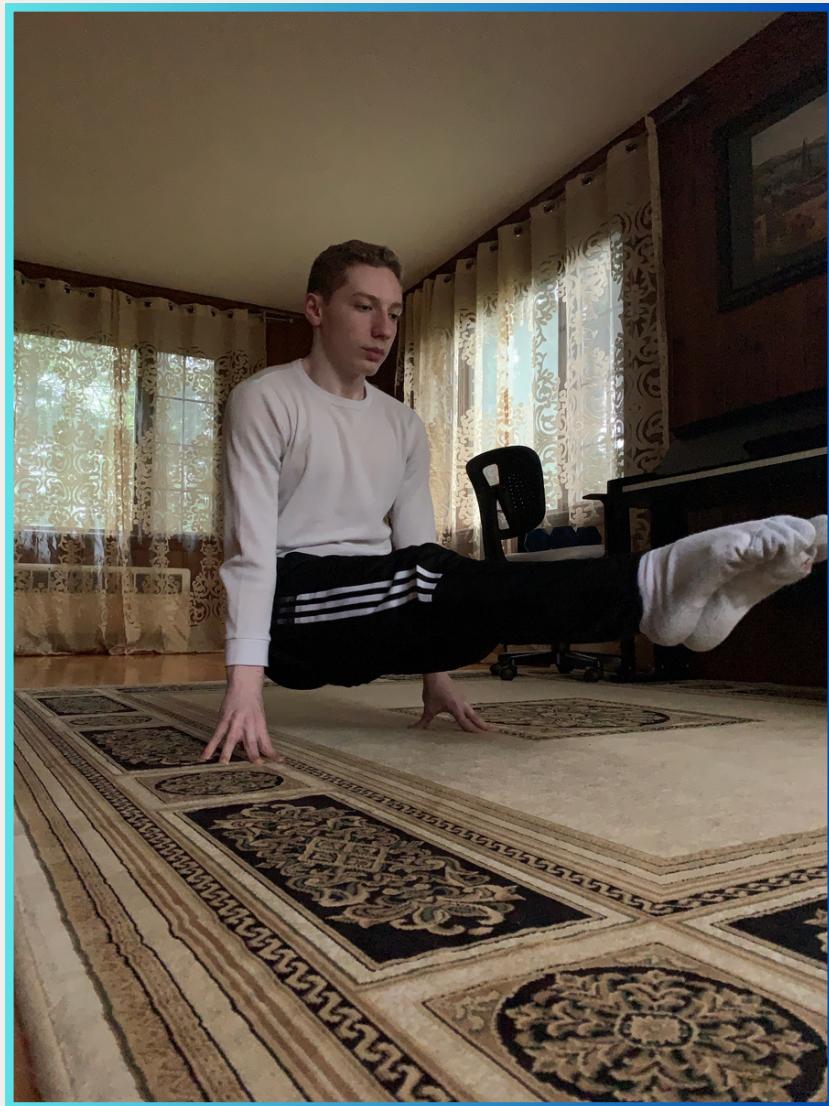


Seated Leg Lifts

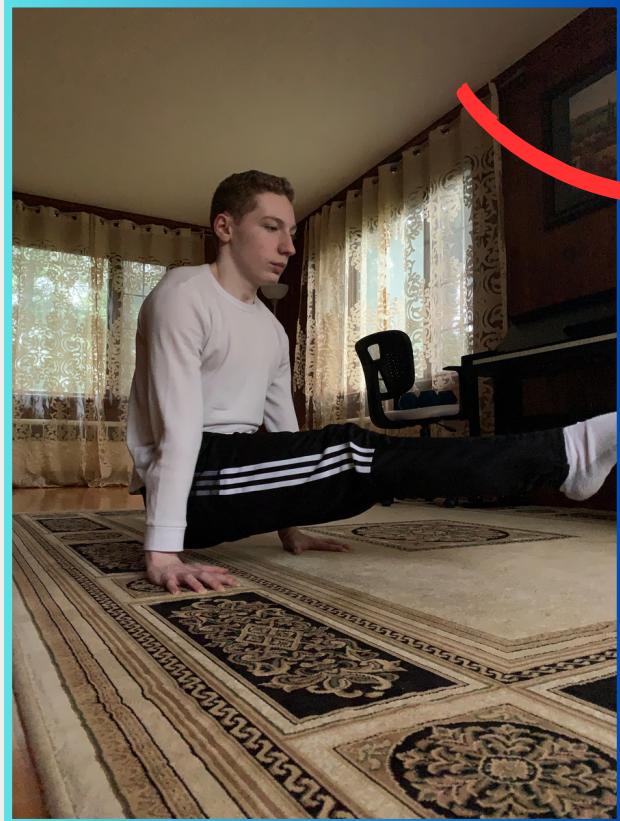


EXERCISES FOR WEEK 5

L-SIT

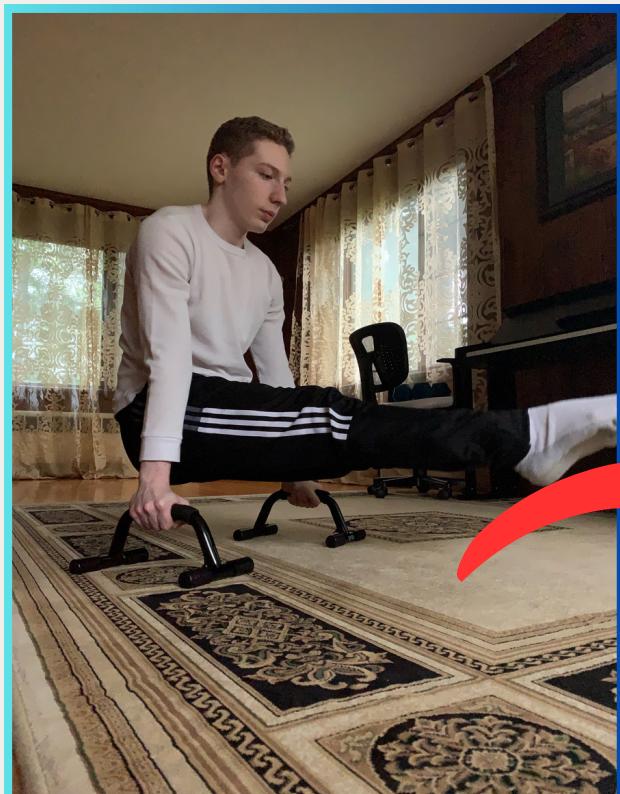


TIPS & TRICKS I



HARDER

L-sitting on parallel bars or parallettes is generally easier than on the floor due to a few factors. First, the elevated hand placement on the bars allows for a greater range of motion and more comfortable hand positioning. Second, the bars provide a stable and secure base, allowing for better balance and control. Lastly, the increased height between the floor and the bars reduces the leverage and demand on the hip flexors, making it easier to hold the L-sit position for a longer duration.

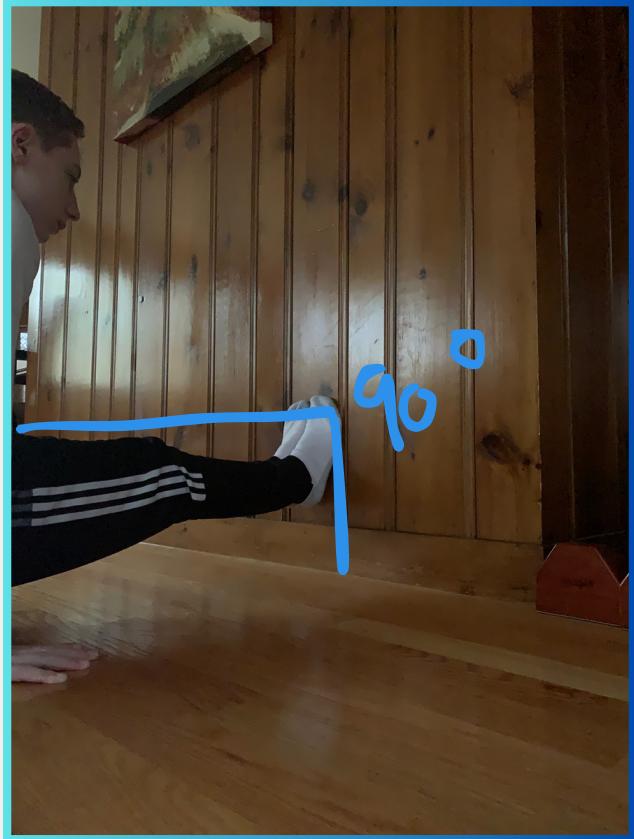


EASIER

TIPS & TRICKS 2

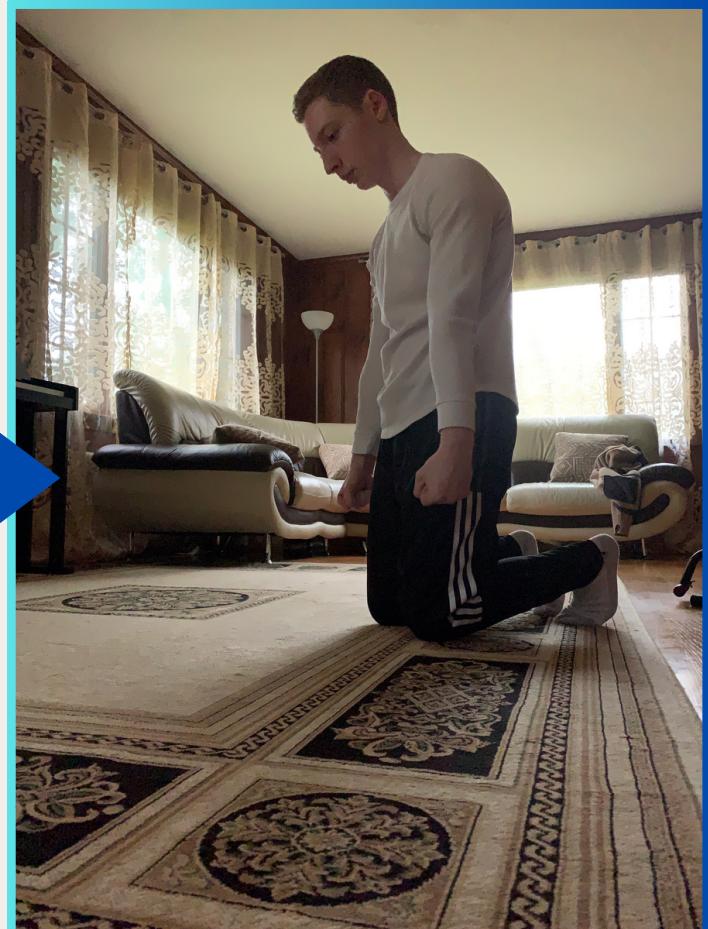
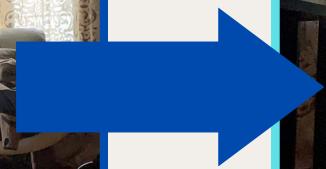
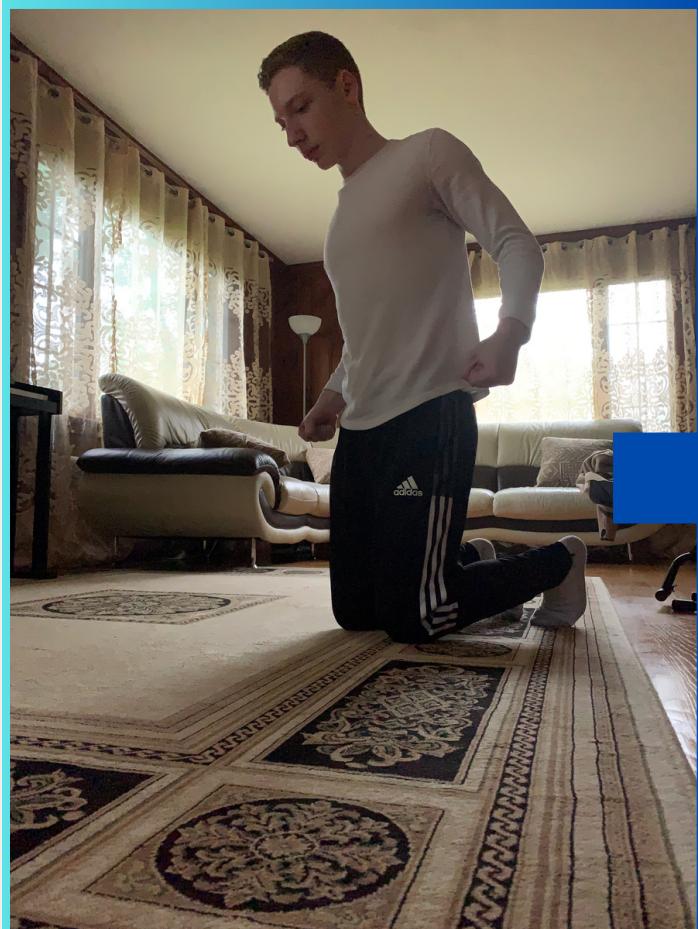


L-sitting on your fingers, also known as finger L-sits, can provide additional benefits by strengthening your finger muscles and grip. Strong fingers can improve your overall stability and control during the L-sit exercise. With strong fingers, you can better distribute your body weight and maintain a secure grip, potentially making the finger L-sit easier to hold for longer periods of time.



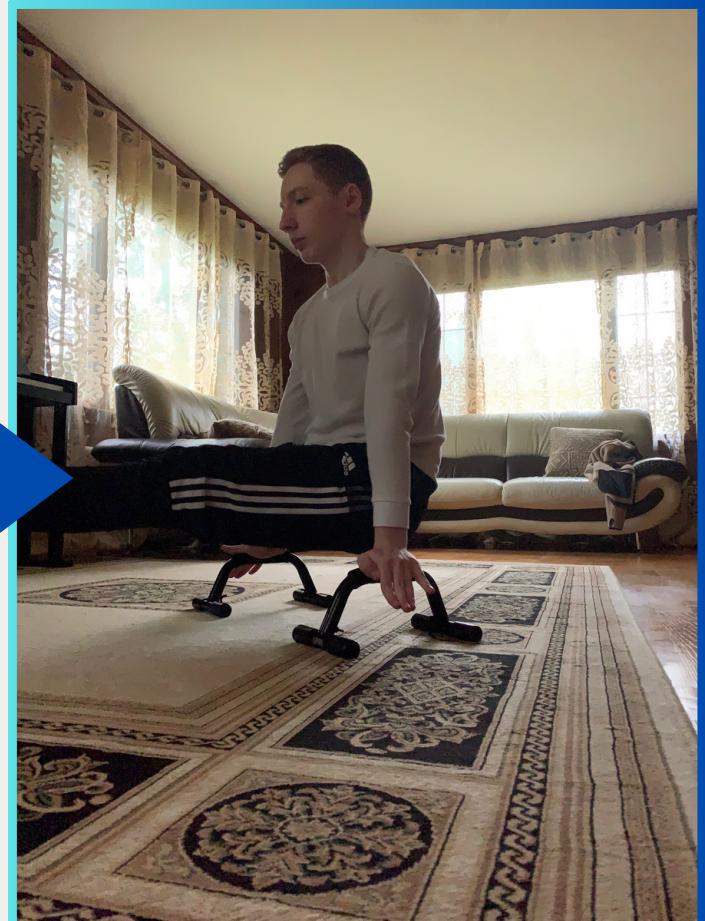
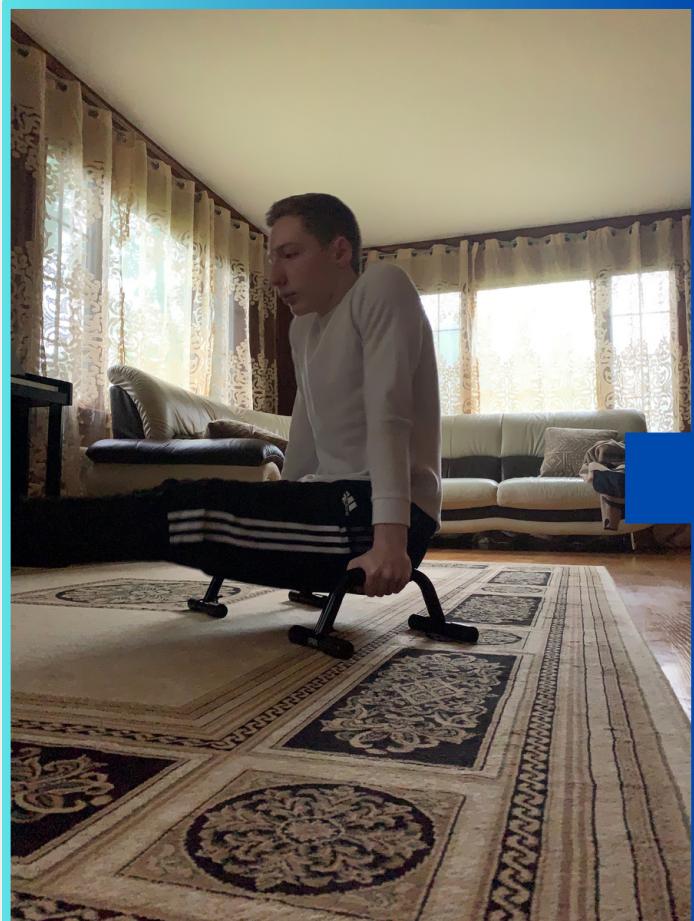
Using the L-sit with your feet against a wall can make the exercise easier by reducing the demand on the core and hip flexor muscles. The wall provides support and stability, allowing you to focus more on developing upper body strength and improving your balance.

TIPS & TRICKS 3



Push down when you are performing the L sit. Bring your shoulder blades down. Think about pushing the ground as hard as you can.

TIPS & TRICKS 4



The first image the shoulder blades are down. This causes the legs to bend, which makes the tension on your hamstrings harder. In this case, push down on the floor and bring your shoulder blades up.

THE FINAL MESSAGE

I want to thank everyone for choosing me as your guide on this incredible calisthenics journey.



Your trust and commitment means the world to me.

I encourage you to share this e-book with others and spread the word about calisthenics.

Remember, believe in yourself, embrace the challenges, and witness the amazing things you're capable of achieving.

If you enjoyed this program, I highly recommend you get my [Beginner to Advanced Calisthenics Program.](#)

Thank you for allowing me to be a part of your story,

Ben