



WEIGHTED & BODYWEIGHT CALISTHENICS

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The main workout plan works after you can do 15+ pull ups and 20+ dips!

Here's the workout plan that will help you achieve this goal before using the main program:

At this level, this is how your training program would look like:

	Sets	Reps
1. Negative pull ups	3-4	Go with your chin above the bar and control the whole movement on your way down. And after doing a rep, keep going until you can control the pull up for longer than 0.5 seconds. Rest between sets 3-4 minutes.
2. Band pull ups	1-2 sets	Take a band which take away like 10-30 kg of your bodyweight and do as many reps as you can.

Warm up before the workout:

1. A little bit of stretch, just some light stuff.
2. Some light back exercises with the band, just to get the blood flow going around the working muscles, for example doing some back rows or pull ups with 2 bands (2 bands so you do a similar movement but very light) so you work the same muscle but very light

And after you get 1-3 pull ups, you just got to practice them by doing more sets and low reps of pull ups, so you get used to your bodyweight. Do this workout plan below twice a week, 2-3 days rest between the workouts

Example:

Pull ups	1-2 reps (After 2-3 workouts progress the overload by doing 2-4 reps instead of 1-2.) Keep adding 1 rep into your sets every workout until you get to 8 reps in the set.	6-8 sets 3-4 minutes rest between sets.
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Warm up:

1. A little bit of stretch, just some light stuff.
2. Some light back exercises with the band, just to get the blood flow going around the working muscles, for example doing some back rows or pull ups with 2 bands (2 bands so you do a similar movement but very light) so you work the same muscle but very light

After you get to 8 reps of pull ups, you will have to do 3-4 sets of maxing out, 5-6 minutes rest between sets, this type of training will easily get you to 15 reps of pull ups, your goal every workout will be to do more reps than you did the last workout, do this workout every 3 days.

1. A little bit of stretch, just some light stuff.
2. Some light back exercises with the band, just to get the blood flow going around the working muscles, for example doing some back rows or pull ups with 2 bands (2 bands so you do a similar movement but very light) so you work the same muscle but very light
3. 2 pull ups 1 set, start your working sets after 3 mins rest

Same training method should be used to increase dips!

Weighted workout plan

Weighted push workout	WARM UP				
	1.	Jogging	5 minutes		
	2.	Dynamic Stretching (chest & shoulders)	2-4 minutes	Normal school warm up & stretch.	Do like 5 sets of 5 explosive reps, start by putting small pressure and then swing more and stretch the muscle more once you get more warm.
	3.	<p>1. Bodyweight reps (6-8 reps, 1 set) 2. Get 50% of the weight you planning to take in your working sets and do like 6-7 reps (1 set). For example, you are planning to lift 30kg on weighted dips in your main first set then for the second warm up set, take 15 kg and do 6-7 reps.</p>			
		Slowly increase the resting time once the weight increases For example, after the bodyweight reps, rest 2-3 minutes, and after the last warm up set, rest 3-4 minutes.	2 sets of warm up in total, which is more than enough in case you are worried, I have been warming up like this for like 2 years and never got injured		
		Exercise	Weight	Sets	Reps
		1. Weighted dips	About the weight and how much to take for your level, scroll down below to the section 'weight & sets & reps'	2 sets	Scroll down to see the information about the rep ranges on the section 'weight & sets & reps'
		2. Incline bench press (incline bench press is better than		2 sets	Scroll down to see the information
					Rest
					5-7 mins
					5-7 minutes

		normal push ups because it is easier to increase the weight with time, whereas it is hard to increase the weight on weighted push up and you can't go up to more than 20 kg on your back) If you don't have a bench press machine.			about the rep ranges on the section 'weight & sets & reps'	
		Activity	Time	Speed		
	Cool down	jogging	4-5 mins	6-7 kph		
Leg day	Warm up 1.	Activity	Time	Level	Speed	
		Dynamic stretching	5-10 mins			
	2.	Jogging	5-6 minutes		7kph	
	3.	20%-50%- 70% of the weight you planning to take in your working sets. For example, you want to lift 80 in your main squats sets for 10 reps. So, you take 20 kg-40kg-60kg 6-7 reps for each warm up set	Slowly increase the resting time once the weight increases	2 sets in total of warm up	Between the first and second set rest 2 mins, then 3 minutes between the second and third set, same rest time for all the exercises	
		Exercise	Weight	Sets	Reps	Rest
	Resistance	1. Squats (you can use a squat machine instead of the basic barbell squats, ideally hack squats)	Check the weight & sets & reps section on page 7	2	Max out 100% intensity Progressive overload works the same on the leg day and all the exercises	240-300 sec

				as it does on chest and back day	
	2. Hamstring curls	Check the weight & sets & reps section on page 7	2	Max out	5-7 mins
	3.Walking lunges	10kg dumbbells each hand	2	Max out	5-7 mins
	4.Calf raises (sitting machine)	60 kg (not sure about how strong your calves are so see how it goes and take a weight which will make you struggle to do 8-10 reps when you max out.)	3	Max out For calves the rep range is the best around 15-20 hard reps	5-7 mins
	Any calves exercise of your choice		3	Max out As I said the main thing is to barely get 15-20 reps in the set	3-4 mins
Activity		Time	Level	Speed	
Cool down 5 minutes jog and then 3 Minutes' walk		5(jog) & 3 mins(walk)		7 kph for jog and 3 kph for the walk	

Back day	Activity	Time	Level	Speed	
	Jogging 5 minutes			7kph	
	Warm up				
	Dynamic Stretching				
	20%-50%- 70% of the weight you planning to take in your working sets. For example, you want to lift 60 in your	Slowly increase the resting time once the	3 sets in total of	Between the first and second set rest	

		main bench press sets for 10 reps. So, you take 20 kg-35kg-40kg, the warmup percentages are different because the weight amount is usually higher which means 50% of the weight as a last warm up set may not be enough for a warm up. For example, if your working set weight is 140 kg then 70 kg as the last warm up set is not enough.	weight increases	warm up	2 mins, then 3 minutes between the second and third set, same rest time for all the exercises	
		Exercise	Resistance	Sets	Reps	Rest
	Resistance	1. Weighted pull ups	Check the weight & sets & reps section on page 7	2	Max out	5-7 mins
		2. Cable rows	Check the weight & sets & reps section on page 7	2	Max out	5-7 mins
		Activity	Time	Level	Speed	HR
	Cool down	Jogging	4 mins		7 kph	

The reason you have back rows on back day and incline bench on you chest day, even though people may complain that these exercises are not calisthenics, let me tell you this, **what is the different between bench press and push ups?** No difference right, bench is even better and safer because of the wrist position, and the reason bench is better because it is easier to progress the overload by adding more weight with time, whereas it is harder on normal push ups. Same example could be used with back rows, it's same as Australian pull ups but just 3 times better and more effective also because you can easily add weight with time, whereas it's not as easy to do the same on Australian pull ups. Another reason why you don't only do weighted pull ups and dips is because you could have a bad disproportion in the future and get injured because there are muscles in your back and chest that aren't trained when doing pull ups and dips.

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Weight & reps & sets

Weight:

Finding the “perfect weight” to start with for your level is very simple and important, but it may take 1-2 workouts to do so, I will explain how, you need to find a weight that will make you reach your failure at the rep range of 10 reps (in the first set).

For example:

So, you did your warmup, and let’s say you think that the perfect weight for you is 25kg on dips, so you do your bodyweight dips, rest a bit, then also warm up with half of the weight you are planning to take in your main set which is 25kg, so you take 12.5 kg, do 6-7 reps. And now it is finally time to test if 25kg is the perfect weight for you, and you max out, and if you do 10 reps with that weight in the first set then this means that the next workout you are going to take 5kg more, I will explain everything about how to progress the overload in the section ‘**how progress the overload**’ now we only focus on finding the perfect weight for you to start, which is simple like I said, and if you get 9 reps with 25kg instead of 10 reps like in the example, then this also means that the weight is perfect to start, more details in the ‘how to progress the overload’ section.

Reps:

The perfect rep range for muscle hypertrophy is 6-15 in my opinion (when reaching failure! Scientifically the rep range can go up to 30 reps, but in my opinion, this is practically not valid.

Sets:

This section is VERY important, so far we only talked about the first set and how you max out and progress the overload, right now we will talk about the second set which is also very important, in this set you will have to choose a weight that you will reach the failure at the reps range of 13-15 reps but only progress the overload once you reach 15 reps, it’s just okay to get 13-14 reps, but if you get 13-14 it just means that you will lift the same weight the next workout but aim for more reps, more details on the ‘how to progress the overload’ section

Weighted pull ups, important information!

You see how on all the exercises you progress the overload after you get to 10 reps in the first set until failure and 15 reps in the second set, with weighted pull ups it is more effective to switch this up like this, so instead of 10 reps and 15 in the second set, it will be 8 reps in the first set and 12 in the second one. It’s just more effective this way.

How to progress the overload:

- 1. Find your “perfect weight”**
- 2. Always max out.**
- 3. The goal in the first set is to get 10 or more reps, before adding more weight the next workout, this doesn't mean you should aim for a specific number, never do this, if for example you did 10 reps which means everything is good, but you could actually get 11 or 12 reps if you would push yourself 100% then do that, always max out and never aim for a specific number.**
- 4. The goal in the second set until failure is 15 reps before adding more weight the next workout. Which means that after maxing out in your first set, you should take 20-25% less weight than you did in the first set, so if in the first set you took 80kg then in the second set you will have to take 60kg(25% less), if you took 150 kg on your squats in the first set for example, then in the second set you take 20-25% less, which is 112.5 kg-120kg, you can use google to find out what 20-25% of a number is.**
- 5. Rest 5-7 minutes between working sets! You need to rest this amount because you maxed out, there is no point to rest less because you will only perform worse in the next set or exercise if you rest less.**

Here's how your **push** workout for example should look like step by step:
(The weight and reps amount is just an example, don't take it too serious,
same workout structure for back and leg day, just the exercises should be different)

1. Warm up (1) – joints warm up + dynamic stretching, 3-5 minutes
2. Warm up (2) - 6-7 bodyweight dips
3. Warm up (3) – 50% of the weight you are planning to take in your working set for 6-7 reps
4. Working set (1) – max out with the 'perfect weight', if you get to 10 reps or more then it means you add 5 kg more the next workout, but if you get 8 or 9 reps then it means you keep the same weight in the workout and try to get to 10 or more reps so you could then add more weight in the workout after.
5. Working set (2) – max out with a weight that is 20-25% less than the weight in the first set, if you get to 15 reps or more in this set then this means that you will add 5 kg more into your set. Whereas if you get around 12-14 reps, this means that you will take the same weight the next workout until one day you get to 15 reps or more with that weight.
6. Warm up before the next exercise (incline bench press) – here you will have to do only one warm up set with 50% of the weight you are planning to lift in your working set, start this warmup set after resting like 5 minutes from weighted dips
7. Working set (1) – same method here as on weighted dips, let's say you got to 9 reps with a certain weight after you reached failure, this means you keep the same weight the next workout and try to get to 10 or more reps so you could then add more weight again.
8. Working set (2) – take 20-25% less weight than in the previous set and max out, let's say you got 16 reps after reaching failure, this means that you have to add more weight the next workout

Tip on how to do more reps if your goal is to reach failure in the set:

The best tip to reach the perfect failure is to use this method that I invented I guess, if let's say today your goal is to reach failure at the rep range of 10 reps on weighted pull ups with 30 kg for example, then you should do 5-6 reps nonstop and after that do 1 by 1 reps with a little rest at the bottom of the movement. Like this: 5-6 reps nonstop->1-2 sec rest while hanging on the bar->1 more rep->again rest at the bottom or top(depends on the exercise) while hanging for like 1-3 sec-> and so on-> before your last rep you may take couple of deep breaths and rest while hanging for like 3-5 sec, and this is the best way to max out, this technique can add like 1-2 reps to your set if done right.

Here some examples of how your progress in the weighted workouts should look like without including any calisthenics skills since the weighted program is after a little bit of calisthenics anyway.

First example will be of how the program works if your progress is average:

1st workout:

1 set: 20 kg dips max out – 9 reps

2 set: 15 kg dips max out – 13 reps

2nd workout:

1 set: 20 kg dips max out – 10 reps

2 set: 15 kg dips max out – 14 reps

3rd workout:

1 set: 25 kg dips max out – 9 reps

2 set: 15 kg dips max out – 15 reps

4th workout:

1 set: 25 kg dips max out – 10 reps

2 set: 20 kg dips max out – 13 reps

5th workout:

1 set: 30 kg dips max out – 9 reps

2 set: 20 kg dips max out – 14 reps

As you can see, only in 5 workouts you can lift 10 kg more already, honestly I already know that 80% of people reading this will have a even better progress.

Second example will be how I personally progressed and most of my clients:

1st workout:

1 set: 20 kg dips max out – 9 reps

2 set: 15 kg dips max out – 13 reps

2nd workout:**1 set: 20 kg dips max out – 11 reps****2 set: 15 kg dips max out – 15 reps****3rd workout:****1 set: 25 kg dips max out – 10 reps****2 set: 20 kg dips max out – 15 reps****4th workout:****1 set: 30 kg dips max out – 11 reps****2 set: 25 kg dips max out – 16 reps****5th workout:****1 set: 35 kg dips max out – 10 reps****2 set: 30 kg dips max out – 14 reps**

The reason myself and some of my clients had such a good progress is because it was our first year of training, which means that with an amazing workout plan, the progress will be very good, and of course, we all had a good diet, right genetics. But in my opinion a lot of you will have a similar progress, make sure you text me on Instagram, I would be more than happy to read the messages about your progress.

How the progress could go and what to do in this situation:**1st workout:****1 set: 20 kg dips max out – 9 reps****2 set: 15 kg dips max out – 13 reps****2nd workout:****1 set: 20 kg dips max out – 10 reps****2 set: 15 kg dips max out – 14 reps****3rd workout:****1 set: 25 kg dips max out – 7 reps****2 set: 15 kg dips max out – 15 reps****4th workout:****1 set: 25 kg dips max out – 8 reps****2 set: 20 kg dips max out – 13 reps****5th workout:****1 set: 25 kg dips max out – 9 reps****2 set: 20 kg dips max out – 13 reps**

The reason you could drop from 10 reps to 7 reps just by adding 5 kg is because adding 5 kg may be too much for you, an easy solution for this would adding 2.5kg every time you reach 10 reps in the first set and 15 reps in the second set. Honestly at some point after using this progressive overload method, this can happen, and you will have to start adding 2.5 kg instead of 5 kg, the reason you start with 5kg is because you will have a very fast progress at the beginning.

(Workout with this schedule below for now until you get to Dip +40 kg 10 reps and pull ups +20 kg for 10 reps. This is important as if you have a strong basics then it will not take you long and it will be easier for you to learn most of the statics moves.)

Your workout schedule now:

Day 1: Back Day

Day 2: rest

Day 3: Chest Day

Day 4: Leg Day

Day 5: Rest

Your workout plan after you get to 40kg for 10 reps on dips & 20 kg for 10 reps on pull ups if your priority is more bodyweight skills:

Day 1: Handstand push ups or planche (70% intensity) + push workout

Day 2: Muscle ups or front lever (70% intensity) + back workout

Day 3: rest

Day 4: handstand push ups or planche workout (100 % intensity)

Day 5: muscle ups (100 % intensity)

Day 6: legs

Day 7: handstand workout (100 % intensity)

Day 8: muscle ups + core (100 % intensity)

Day 9: rest

Also weighted calisthenics + bodyweight but this time the structure will be if your goal is more towards weighted calisthenics:

Day 1: Handstand push ups or planche (50% intensity) + push workout

Day 2: Muscle ups or front lever (50% intensity) + back workout

Day 3: rest

Day 4: handstand push ups or planche workout (100 % intensity)

Day 5: muscle ups (100 % intensity)

Day 6: legs

If your goal is only bodyweight calisthenics skills then this is the best structure:

You can have 4 skills in this structure, 2 should be the main 2 priorities and the other 2 should be the skill you want to prioritise a bit less, in this structure I will show you how everything will look like if your priority would be planche and front lever, and then the other 2 skills are handstand push ups and muscle ups:

Day 1: planche & handstand (100% intensity)

Day 2: front lever & muscle ups (100% intensity)


Day 3: planche & handstand (50% intensity)

Day 4: front lever & muscle ups (50% intensity)

Day 5: planche & handstand (80% intensity)

Day 6: front lever & muscle ups (80% intensity)

Day 7: leg day

 You can do a leg day before this workout

Explanation:

If you try to combine weighted with bodyweight calisthenics in one program then it will be way more effective if you will work on 2 skills at the time, this is why you see me write "handstand or planche", master the 2 skills you choose first and then you can add more skill, I would suggest you to stop doing the 2 skills you have mastered and just switch them with the new 2 skills you are trying to learn, and just do the other 2 skills you have mastered once in a while just to maintain them.

Important explanation about the 50%, 80% and 100% intensity:

If you scroll down below to the skills information section, it tells you how your workouts should look like at 100% intensity. If you should have a 50% intensity workout then you do only half of the amount of hold time, sets and reps, everything is half, because it is a de load workout, it should be low intensity, if the intensity is 80% then you just do a little bit less work and intensity than when you go 100%, or in this 80% workout you can do different exercises more dynamic related, so you can do different exercises but the main thing is to not hold them or rep out until failure, why? Because it's 80% intensity, not 100%.

Why this program is one of the best!?

I already know what you have in your head, why only 2 sets yeah? Not enough volume? If I guessed then it's for a reason ha, a lot of volume is only effective if your goal is endurance or if you work on skills and you prepare for a calisthenics battle where you must do a lot of skills in a short period of time. Working until failure at this rep range you see in the program is the best for muscle hypertrophy, this is the first thing, the second thing is that this progressive overload method shows what yourself and your body what your limits are when you max out so then until your workout, your body will recover that way so you could lift more, you will change your mind about this method after at least 3 workouts once you see that it works so good. High volume is not effective for lifting weights because:

- you can not keep track of your progress because you are doing too many random exercises.
- You don't push yourself in the sets, because you are far away from failure, which is already very bad because you need failure or close to failure to maximise your progress.
- You don't really put stress on your body, because your sets are very light, you just can't progress the overload properly when you have so many useless sets when doing high volume.

The only way you could injure yourself with this weighted program is if you:

1. Don't warm up like I say
2. Workout more often than I tell you
3. Do the reps with bad form
4. If your diet and sleep is very bad

One big way to avoid any injuries is by listening to your body, if you feel like your chest still hurts for some reasons, then give more rest, remember, it's always better to rest 1-2 days more than you should instead of risking and getting injured for 1 week up until couple of years, be careful.

Skills information:

Handstand, back level, front lever, planche & muscle ups!

Some important info about handstand:

If you can't hold the handstand straight against the wall the work on your shoulders flexibility and try to engage your abs. The best exercise to learn handstand is just attempts, you just got to try it a lot of times, maybe like 20-30 times a day, even if you fail every time you do it, your main goal is to try to hold it and balance it by mainly using your wrists, this is why most of your warm up you should focus on your wrists (will show you the warm up exercises you will have to do for it). Before you start learning handstand push ups, get to 15 seconds handstand hold, and learn the L-sit to handstand, after you get to this level, you will just have to do attempts of the handstand push ups, you will fail a lot, but this is how you will progress, fail a lot of times before you succeed.

Everything is easier than you think, to learn the **handstand** you will have to do the handstand against the wall only for 2 workouts like 4 sets max hold, just so you get used to that position, but handstand is mainly about balance so this exercise is not good for this.

Warm up before handstand workout for any levels:

1. Focus on warming up your wrists 3-5 minutes, best wrists warm up before doing handstand are dynamic stretches which is putting your hands on the floor or parallels and leaning forward and backwards 10-15 times for 3 sets, focus more on putting pressure on your wrists when you lean forward, lean that much so you can feel pressure on your wrists.



2. Light shoulders stretch and warm up, for this you will have to choose some basic exercises and do some dynamic stretches, similar to the ones you did in school before physical education.
3. Do 1 set of clean handstands against the wall 7-9 seconds
4. After these 3 steps you can start doing your handstand attempts

Actual workout (when not being able to hold handstand):

1. 15-20 attempts of handstand (try your best to hold it)
2. That's all you have to do when learning handstand, rest 1-2 minutes between the attempts, once you have the right mobility and strength, you will learn this skill very fast just by doing a lot of attempts.

Handstand workout after being able to hold it for 10-15 seconds:

1. Do 5-8 attempts of L-sit to handstand (2-3 minutes rest)
Here are some tips on the correct shoulder position when doing the L-sit to handstand



Shoulders shouldn't drop down lower than this when going from L-sit to handstand.

2. Do 6-9 maximum handstand holds (2-3 min rest)

Warm up: the best way to warm up before this workout is by doing your usual wrists and shoulder dynamic stretch, then do some light shoulder press with dumbbell's or a band, do 1 set of 5-7 sec handstand hold, after that 1 set of 2 pike push ups and you are ready for the session above.

Handstand workout after learning how to do 1-2 L-sit to handstand:

1. Do handstand push ups negatives (1 rep & 6-8 sets, 3 mins rest) rest around 2-3 minutes between each attempt (be as slow as possible on the way down and try to control everything as much as you can, it's okay if you can't do it very

slow because it will take some time and practice to get good at it and do it more controlled.)

2. 1 rep of L-sit to handstand 4-6 sets (3-4 minutes rest)
3. Maximum handstand holds, 4-6 sets

Warm up: the best way to warm up before this workout is by doing your usual wrists and shoulder dynamic stretch, then do some controlled shoulder press with a light band or small weight on some dumbbells, after this do 2 light pike push ups.

Handstand workout after doing negatives easily:

1. 1-2 reps of handstand push ups(half reps are okay for now) 4-6 sets (3-4 min rest)
2. Handstand push ups negatives,1-2 reps 5-6 sets (3-4 min rest)
3. Handstand maximum holds 4-6 sets (3-4 min rest)

Warm up: the best way to warm up before this workout is by doing your usual wrists and shoulder dynamic stretch, then you do some shoulder press with a light band, 6-8 very light reps, after that do 1 set of 2 negative handstand push ups, don't control too much, do them pretty quick, remember this is a warm up, you don't need to get tired before your main set, so do 2 quick negative handstand push ups.

Handstand workout after being able to do 3-4 handstand push ups:

1. Almost max out, which means max out but leave 1-2 reps in reserve (5-7 sets) (if your goal is only to improve your handstand push ups then you will progress the overload by doing more reps in the sets, add 1 rep every 2 workouts.)
2. Max out on L-sit to handstand (3-4 sets)
3. Max handstand holds 2sets (6 sets)

Warm up: the best way to warm up before this workout is by doing your usual wrists and shoulder dynamic stretch, then do some pike push ups 2-3 reps, rest a bit and then do 1-2 reps of handstand push ups, and then you can start the workout above.

Handstand workout if your goal is to learn the 90 degree handstand push ups:

1. Attempts of the 90 degrees push up, 1 rep, 4 sets, 4-5 minutes rest between sets
2. Handstand push ups close to failure, leave 1-2 reps in reserve, don't max out, 3 sets, 3-4 minutes rest.
3. 2 sets maximum handstand hold

Warm up: since the 90-degree handstand push up is like a 1 rep max for you, you need to take the warmup serious. Start with your usual wrists and shoulder dynamic stretch, then you do some shoulder press with a light band, 6-8 very light reps, after that 2 reps of L-sit to handstand, rest 3 mins, then do 2-3 reps of handstand push ups, and then start your workout above after like 4 minutes.

Handstand workout after being able to do 2 reps of the 90-degree handstand push ups:

1. Do as many 90-degree push ups as you can, 3-4 sets, max reps, 4-5 minutes rest between sets.
2. Handstand push ups, 1-2 reps away from failure, 4 sets, 3-5 mins rest between sets.
3. Handstand holds 2 sets, hold until failure

Back lever:

For **back lever** everything is much easier, the only thing you will have to do is a decent warm up for shoulders and back and just simply doing attempts of it, no easier progressions (because you don't need them as you have the basic strength from dips for it), just full back lever as it is very easy to learn it. One tip is to put your hands closer when learning it as it will be easier to do your first hold it and how it is with handstand and back lever is that it is all about warming up well and trying the exercise you want to learn. This is why you need a decent basics level(pull ups and dips) so you can just do attempts to learn most of the statics moves without doing the progressions, remember, attempts is the best exercise,

the more you do the better it is (in one training, 5-10 attempts is enough for back lever, and 20-30 attempts for handstand, as you don't get tired when you do it and it is mainly about balance.

One arm back lever should be trained after you get to 20 seconds normal back lever hold. After you get to this level, warm up well your shoulders and elbows, and then do a lot of attempts of the one arm back lever, by leaning on the side and just trying to hold it, keep doing it until one day your body will get stronger and get used to this body position and you will eventually hold it, go from bad to good form with time.

Front lever is an exercise I would suggest you to start training after you get pretty strong at weighted pull ups, this is important because when you will start training it your back will be strong enough and it will take you less time to learn it. Start training it after you get to 20 kg for 10 reps on pull ups. And when you start training it, you will have to stretch and warm up very well:

Warm up:

1. Light shoulder and back warm up for joints (dynamic stretches) 4-6 minutes
2. 4-5 normal pull ups
3. 1 set of tuck front lever hold (5-6 seconds)
4. 1 set of advanced tuck front lever (5-6 seconds)

After this start the training by doing full front lever attempts (this is the hardest and most effective exercise)

1. Start with 5-8 attempts, even if you can't hold it, just try, rest like 3-4 minutes between attempts
2. After this to front lever negatives, 1 rep 6 sets, 3 mins rest
3. After these 2 exercises you do the progression that you make you struggle when holding it 10 seconds (for example advanced tuck)

Front lever workout after being able to hold it for 4-6 seconds:

1. Max holds 4-6 sets, 4-5 minutes rest
2. Negative front lever 2 rep 4 sets
3. Advanced tuck pulls ups max out 2 sets
4. Rest 3-5 minutes between sets for all the exercises

Warm up:

1. Light shoulder and back warm up for joints (dynamic stretches) 4-6 minutes in total
2. 4-5 normal pull ups
3. 1 set of advanced tuck front lever (5-6 seconds)
4. Full front lever 1-2 sec hold

Front lever workout if your goal is learning the front lever pull ups:

1. 1 rep 5 sets of a front lever pull up as high and clean as you can (do this workout until you can touch the bar)
2. Advanced tuck pull ups, stop repping out when you stop touch the bar, 3 sets
3. Maximum front lever holds, 2 sets

Warm up:

1. Light shoulder and back warm up for joints (dynamic stretches) 4-6 minutes in total
2. 4-5 normal pull ups
3. 1 set of advanced tuck front lever pull ups 2 good reps
4. Full front lever 1-2 sec hold

Planche is a movement which is mostly about shoulders and scapula strength, after you get to 40 kg for 10 reps on dips then this is how you are going to work on your planche:

This how your workout plan for planche will look like for 5-6 workouts (3-4 workouts only because you will prepare your body for this movement by training like this).

Warm up – make sure you warm up your wrists very well before the workout (use the same wrist warm up from the handstand section), you can do some little stretches and dynamic stretches for wrists, after this warmup your shoulders, do a casual joints school warm up, after this do 1 set of planche leans but very light, then do another set of planche leans but a bit more intense than the first one, so don't lean too much because it's only a warm up.

Actual workout – do 5-6 sets of planche leans. Lean this much so you can barely hold this position for 8-10 seconds, rest 3-4 minutes between sets, I know the volume is small even though the intensity is good, we are only preparing your body now, the actual intense workout is coming soon. After you did this for 3-4 workouts, start training planche like this:

Warm up:

1. Wrists dynamic leans
2. 1 set of planche leans, very light for like 3-5 seconds
3. 1 set of planche leans a bit more intense, also 3-5 seconds

Actual workout:

1. 4 sets of maximum hold of the progression that you can hold for maximum 6-8 seconds, rest 3-4 minutes between sets.
2. Planche leans, lean so much so you can barely hold that position for 4-5 seconds
3. Planche leans but lean a bit less, so when you max out you can barely hold it for 6-8 seconds

1st progression and just planche leans are more than enough to lean planche, for 2 reasons:

1. When doing planche leans, you are using the same muscles as you do when you hold the actual planche
2. It's very easy to progress the overload when doing this exercise because you can just lean more and more with time,

The workout above is all you need to do in terms of sets and exercises, once you get stronger at one progression, just move on into a different one which will also make you struggle to hold it for 6-8 seconds, same with planche leans, remember to always max out and lean enough so you can max out in the range of the seconds mentioned above. About the structure and how often to train the skills, check the sections above.

Muscle ups is a very long process in terms of learning how to do 5 dirty muscle ups to getting them perfect and clean, it is a long process because it is hard to get a better explosive strength, by hard I mean that it takes time. When doing the muscle up, the percentage of the muscles working and spending more energy is 80% for pull(back) and 20% for push (dip part). If you can do 20 pull ups (which is the requirement before using this program) then it means you could definitely do a muscle up, I know it's with bad form which is why you are reading this.

Requirements before learning the muscle ups:

1. Body fat% not higher than 20% for men and 25-30% for women
2. Recommended bodyfat % is 10-20% for men and 15-25% for women
3. It's not about the weight or height, it's about the bodyfat % because you could weight 100kg+ but if you are lean then muscle ups will not be a problem for you

Muscle ups

Warmup is a very important part of your training, and as a warmup you can do some light cardio (3-5 mins light jogging) to get the blood flow going around the body, remember it's only a warmup, you don't have to exhaust yourself too much. This is how your actual warmup should look like:

1. 3-5 minutes jogging or bicycle at a medium speed
2. Some light back exercises with the band, just to get the blood flow going around the working muscles, for example doing some back rows or pull ups with 2 bands (2 bands so you do a similar movement but very light) so you work the same muscle but very light
3. Last bit before your working sets is doing 3-4 pull ups

Stage 2: After you learn the muscle up, your goal will be to do more and more muscle ups in one set, at this stage your goal will be to get to do 6 dirty (kipping and swinging) muscle ups in one set. If you can do only 1 or 2 muscle ups in one set. Your goal is to do more sets of 1 muscle up, so for example 10 sets of one muscle ups, just so your body gets used to this movement and you just built volume in terms of reps. After you do 10-15 attempts of the muscle up, you will have to do 2 sets of pull ups max reps.

Example of a workout plan at this level (when you are able to do 4-6 muscle ups)

	Reps	Sets
Muscle ups	1-2 reps	5-8 sets (2-3 minutes rest)
Pull to the chest	3 reps	3 sets (4-5 minutes rest)

But the most important thing is to be able to do those pull ups faster because to do the muscle ups you need to have the ability to pull yourself up as fast as possible. When doing the muscle up, the percentage of the muscles working and spending more energy is

80% for pull (back and biceps) and 20% for push (dip part, chest and triceps), remember this, the main priority is on pulling.

Stage 3: After you get to around 6-7 muscle ups, your goal will be to make them cleaner and then work on the amount of muscle ups, to work on explosive strength. The main focus when doing those 2-3 reps is to do them as clean and explosive as you can.

Example:

	Reps	Sets
Muscle ups	2-3 reps	5-7sets (3 minutes rest)
Pull ups	3 reps	4sets (3 minutes rest)

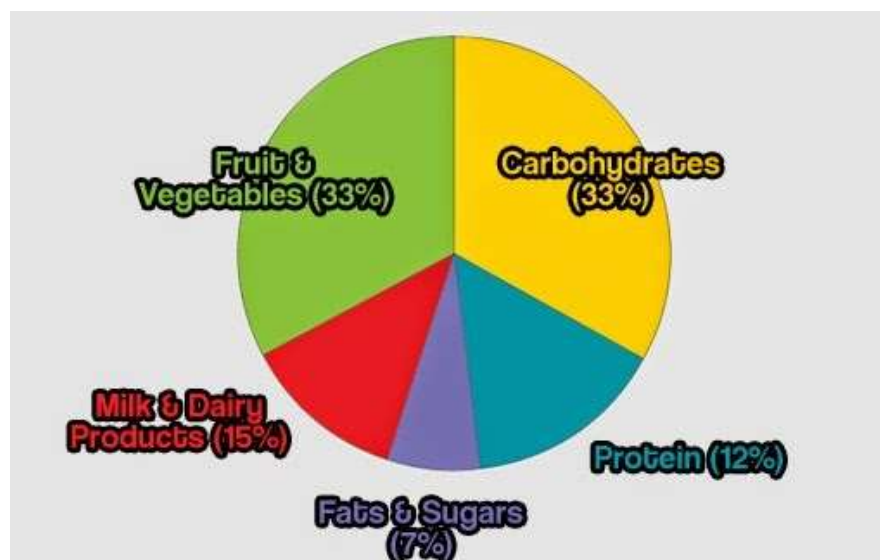
Stage 4 this stage is about how to progress later, so for example you can do 10 muscle up, and the form on the first 4 muscle ups is pretty good. At this level to progress and get the muscle ups more explosive and cleaner and just increase the endurance and be able to do more muscle ups in a row with good form, you will have to increase the amount of muscle ups in one set and also increase the amount of sets, for example 3-4 reps and 5-8 sets. Start with 3 reps 5 sets, then after like 1 months do 3 reps also but 6 or 7 sets, and after 2 or 3 more months, start doing 4 reps 5-6 sets.

Slow muscle ups

The best exercise to learn the slow muscle ups is to do attempts and do negative muscle ups, focusing a lot on the transition bit. Before learning the slow muscle ups, achieve at least 3-5 normal muscle ups and get to 20 dips. When working on it only focus on the transition, try to even avoid the pull and the dip part.

Diet advice and tips!

- One of the most individual things in sport is diet, everyone is very different, in terms of how many calories they naturally burn, how many calories they need to consume to progress in sport and be healthy.
- The first thing you need to calculate is your BMR which stands for Basic Metabolic Rate, this will tell you how many calories you roughly need to consume to maintain your weight or gain weight, it is not very very accurate because genetics plays a big role and they don't ask you questions about it on the website but here's the link to the website anyway
(<https://meetatlas.com/results/?system=metric&gender=male&age=19&metric-weight=86&bodyfat=12&metric-height=188&activity=1.1&exercise=0.3&goal=2&submit=ReCalculate>)
- You know your body the best so just try to be in a little surplus of 100-300 kcal in a day, the average is 2500 kcal for a male and 2000 kcal for a female, this is the amount you need to consume to maintain your weight, it could be higher or lower, it depends on the persons metabolism, age and lifestyle. When it comes to the foods you need to eat, it's up to you and your preference, the main thing is to get all the nutrients in (carbs, fats, protein), the types of foods you can eat will be shown in the picture below (eat well plate)



Because you are an athlete, you can make the protein intake a little higher.

When it comes to **cheat days**, this is also very important, because for most people it is very good to have cheat days since it will mentally make you more likely to stick to a diet, because if you have been having a bad diet your whole life and you suddenly have a very healthy diet then you will quit very fast since it will be very

hard for you to maintain the healthy lifestyle, that's why cheat days are needed, I personally have it once every 2-3 days, only because I am young and I will be okay, the older I will get the less often I will have cheat days. 2-3 cheat meals a week is the best in my opinion. But if like in the example, you suddenly switch from a bad lifestyle to a healthy one then you may slowly reduce the amount of junk food you eat, take your time because it will be hard, which is why you often hear from athletes that diet is the hardest part, it takes the most effort and time, so take your time.

- Most **supplements** are very overrated and won't help you with your results, the most effective supplements are sea moss and creatine, protein shakes are just extra protein, nothing special, that's why I don't take it, I have a very good diet already, I don't really need protein shakes. 2 spoons of sea moss has 90% of the of all the vitamins and minerals you need to consume in one day, which is why I take it, once you consume it you can forget about all the useless pills with vitamins that may not even contain those vitamins haha.

My diet and workout plan at 14-19 years old

What I did:

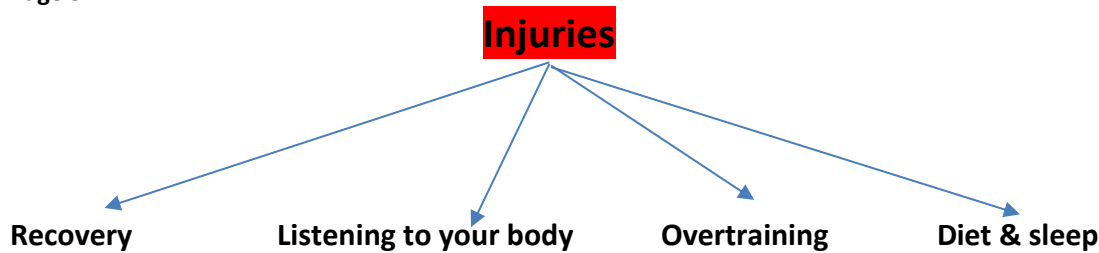
What I could have done to make my progress better:

<p>0-12 months of my journey</p> <p>Training:</p> <p>I worked out 1-5 times a week, outside in the park where I had a thick bar and a dip station, I only warmed up if it was cold outside, the main goal for me was to learn a 2 hands muscle up, at the time I could only do a chicken wing muscle up with one arm, the training was very random and not planned or structured, I worked out differently most of the time, I had no knowledge about training, I started my session with muscle ups attempts, after that doing some pull ups and dips, random amount of sets and reps, and I did learn the two hands muscle up eventually just because I kept trying it a lot of times, it took me like 1-2 months to get it, which isn't fast considering that I had a pretty strong back because I was able to do a dirty normal muscle up and 10+ pull ups.</p> <p>Diet:</p> <p>I used to eat 3 times a day, small-medium portions, I ate very random food and a lot of junk food, which was normal since I never took my diet seriously.</p>	<p>0-6 months of my journey</p> <p>Training:</p> <p>Well, as you can see, everything was wrong with my training and diet and I still progressed, only because I was a beginner and the main thing for me was to do something, and that would be enough for me to progress. I was very lucky to not get injured because I never warmed up, and worked out in cold weathers which is bad. If I would be to start training again and have the knowledge I have now then I would send myself this workout plan haha, which sounds weird but the reason I don't tell you now exactly what I would do is because all the methods in this workout plan above is exactly what I would do, because they are the most effective, there are many other methods that work but the ones explained in this plan are just the most effective.</p> <p>Diet:</p> <p>In terms of diet, I would also change a lot of things but if we think about it, I was just a kid, 14 years old, it's okay to eat the way I did, at this age the main thing is to workout properly, not to have an amazing diet because you grow and progress from anything like I said before, so the main focus should be on working out.</p>
<p>1-2 years of my journey</p> <p>Training:</p> <p>This is when I started taking working out and diet seriously, I was watching a lot of YouTube videos about training and diet, and this is also when I started doing weighted calisthenics. I had an amazing progress this year and went from 60kg to like 72kg, which is also because of my age, because I was hitting puberty but I also gained a lot of muscles which is from training, I 'only' did 3 working sets of weighted dips and 3 sets of weighted pull</p>	<p>1-2 years of my journey</p> <p>Training:</p> <p>My training was very good honestly, I can not really complain, of course the weighted plan now is more effective, if this plan I have now is 10/10, then the one I had before is like a 7/10 I would say, the reason it's 7 is because I worked out once a week with weights instead of every 4 days like I would do now and also because i kept the same weight in my second set which is okay but if I would decrease the weight a bit and use the method I use now</p>

<p>ups, it may sound like it wasn't enough but well, it worked amazing on me. Here's what I did on my pull day:</p> <ol style="list-style-type: none"> 1. Warm up 2. 2 working weighted sets until failure 3. 1 set of bodyweight pull ups until failure <p>I did the same workout for my weighted dips, the method I used to progress the overload is the same as in the weighted workout plan I have above, the only difference is that I took the same weight on the second set as I had in the first set, whereas now in the plan above there's a little bit of difference and the second set is different, the reason it is different is because the progress is way faster if you do that. I also did some calisthenics during the week, I don't remember the structure of my training but I did progress, at that point, I only had a good progress in muscle ups and front lever, because these were the only 2 skills I worked on, and the reason I was stronger at pull exercises than push, and I had a big disproportion which is bad, but now I fixed that.</p> <p>Diet:</p> <p>This year here, I improved my diet a lot and started eating 3-4 times a day, good food and big portions and I was rarely eating junk food which I would say was a pretty bad idea haha, the reason I say that is because I was young and it's okay to eat junk food at that age because the body is strong and nothing will happen to you, but the reason I ate junk food so rarely is because I took my training very seriously and I had a very good progress.</p>	<p>also another reason I gave the plan a 7 is because I only did one exercise which could make me have disproportions in my body, since weighted pull ups doesn't work some muscles of the back, also dips don't work on the whole chest and shoulders.</p> <p>Diet:</p> <p>My diet was honestly pretty good, the only thing I would change is that I would cook for myself 1 or 2 times more, because I ate quality good but not in big amounts, so if I could go back in time then I would eat more, maybe 4-5 times a day, big portions.</p>
<p>2-3.5 years of my journey</p> <p>Training:</p> <p>This year was the worst! And this year and a half was the reason I keep telling people now that I have been working out for 3 years, even though you know I started 4-5 years ago, this year of my journey was</p>	

<p>when I had a very serious lower back injury which came from weighted pull ups and it came because I never worked on my core, as you know we use our core a lot in calisthenics, and we have to work on it in order to perform better, but I never did, which is why I got injured, I had a disproportion in strength, this is why I suggest people to work on all the muscles in the upper body and not only do pull ups and dips. This year I had no progress at all, because I couldn't workout properly, and when I tried to workout after feeling better, my injury kept coming back, eventually I got rid of the injury by paying a lot of money to the doctors and after like 1 year and a half I finally started training properly.</p> <p>Diet:</p> <p>It was very hard to stay disciplined with the diet, because I couldn't workout, I had no motivation to eat well, but I did eventually eat good.</p>	
<p>3.5 years – 5 years(now) of my journey</p> <p>Training:</p> <p>My training experience is about 3 years, it's just I started working out 5 years ago, but because of me not training serious and having a long-term injury, I say 3 years and not 5 years, I don't take the 2 years of useless training and me being injured as my experience.</p> <p>My workout plan now:</p> <p>Day 1: handstand push ups (70% intensity) + my push session</p> <p>Day 2: muscle ups (70% intensity) + my pull session</p> <p>Day 3: rest</p> <p>Day 4: leg day</p> <p>Day 5: handstand push ups & muscle ups (100 % intensity)</p> <p>Day 6: rest</p> <p>I use the same method from this program when I lift, because it works the best, I tried a lot of workout methods and</p>	<p>3.5 years – 5 years(now) of my journey</p> <p>Training:</p> <p>When it comes to working out the only mistake I could do now is not listen to my body and workout even though I could feel some muscle pain, which is wrong, but the reason I still workout is because I am stupid, I try my best to listen to my body and this is the only reason I am injury free right now, and if I get injured is because of the same reason I mentioned above. In terms of structure and working out, everything I do is amazing and my progress is also very good, remember, this is only the beginning of my journey, there is way more to come.</p> <p>Diet:</p> <p>I eat junk food like 3 times a week, I mean 3 meals a week, which is okay only because I am 19 years old, once I get older I will start eating less food and also less junk food, but this will be like after 40</p>

<p>progressive overload methods that were suggested to me by the best athletes but they all worked pretty bad 4/10 - 6/10, this method worked the best on me which is why I still do it and progress very good at it, this method not only works on me perfectly, it also worked very good on all of my clients I used it on when I used to be a coach. And it still works very good on the people who have this workout plan. Also there is a lot of knowledge that I have, all you see in this workout plan is only like 10% of all I know, so with time I will try to add more and more information to this workout plan.</p> <p>Diet:</p> <p>Right now I eat 4 times a day big portions, usually between 3-4.5 kcal, the foods I eat are not out of this world, I eat the same food as most people do, the only difference is that I eat big portions.</p>	<p>years old, for now my diet is very good, can't really complain.</p>
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These are the 4 key factors from my experience that you would have to keep under control to avoid injuries. The key word here is “avoid” because sadly it’s impossible to 100% know that you will not be injured, especially if you work out intensity and just take training seriously, but like I said if you keep these things under control you will minimise the chance of getting injured. (I am not a doctor, just giving advice and sharing some information from my personal experience).

1.Recovery this is a very important part, if you do the workout structures from above and you will give yourself less rest days then the chance of getting injured will increase heavily, so make sure you do everything right and do not do more than I told you, because you will exhaust yourself more and you will need more time to recover, so if you have a 50% intensity workout and you start going more intense then you will massively increase the chance of getting injured because by the program you needed a 1 day rest after this 50% intensity workout and because you did too much on this workout this means you will need more time to recover and if you do not give more rest then your muscles, tendons and joints will be sore.

2.Listening to your body, this one here is also very important because even if you have a perfect workout plan structure, sometimes you may feel like you are not fully recovered or that something is wrong, in this case take your time and think about the situation, do not do stupid things, make sure everything is under control, remember, it’s always better to give another rest day then not rest enough and get injured for couple of weeks, months or years.

3.Overtraining is when you work out too much and not give yourself enough recovery, this is okay to do if you do sports like boxing, football or just sports that are very skill and endurance related, calisthenics and listing weights is about smart work not as much about hard work, because you put a lot of pressure on your tendons and muscles in a short period of time, this is why it

is important to follow the plan properly and not do extra stuff, because it will ruin everything.

4. Diet and sleep, is also very important, because even If you rest enough between workouts, not overtrain, and do everything right, just because you eat bad and sleep bad one day before training could be really bad for you, especially the sleep part, so be very careful and try your best to not have intense workouts a day after you get drunk, sleep bad and eat really bad, it is very important.

- **In general, just listen to your body and follow the plan, if you get injured, make your own research about the injury, stop training, or if the injury is not serious then keep training but stop doing the skills that make you feel pain and eventually go to a physiotherapist.**