

4-Week Calisthenics Endurance Program

Level: Intermediate

Week 1

Day 1: Pull Day

Ø=Üj Warm-up (5 - 7 min)

Tempo pull-ups x10-15

Arm circles, shoulder mobility

Hang holds: 3x15s

Muscle-up practice (if applicable)

Rest: No rest needed

Method 5: Superset Pull

10 pull-ups

12 chin-ups

24 australian pull-ups

5 muscle-ups

x 4 rounds

Rest: 2-3 min between rounds

Method 4: Pyramids

Pull-ups: 1 !' 1 1 !' 1

Increase by 2-3 reps per step

Muscle-ups: 1 !' 6 !' 1

Increase by 1 rep per step

Rest: 30s between sets

Finisher: Isometric Hold + Max Pull

Hold at top 10s !' Hold in middle 10s !' Dead hang 10s !' Max pu

x 3 rounds

Rest: 5 min between rounds

Day 2: Push Day

Ø=Üj Warm-up (5 - 7 min)

Tempo push-ups x15-20

Shoulder circles and stretches

Arm swings

Tempo dips x10-15

Rest: No rest needed

Method 5: Pyramids

Dips: 1 !' 3 5 !' 1 (increase by 3 per step)

Push-ups: 1 ! 4 9 ! 1 (increase by 3 per step)

Rest: 30s between sets

Method 4: Separated Volume

5 sets x 40 dips

5 sets x 56 push-ups

5 sets x 38 bar dips

Rest: 90s between sets

Finisher: Isometric Push Hold

EMOM 10 min:

10s 90° push-up hold

7 push-ups

Rest: Rest for the remainder of each minute

Day 3: Legs + Core + Cardio

Ø=Üj Warm-up (5 - 7 min)

Easy jogging 3-5 min

Leg swings forward and back

Tempo squats x15-20

Hip circles

Rest: No rest needed

Cardio: Jump Rope

Jump rope for 10 minutes without stopping

Rest: 2-3 min

Squats

31 reps x 4 sets

Rest: 60s between sets

Jump Squats

16 reps x 3 sets

Rest: 60s between sets

Burpees

15 reps x 4 sets

Rest: 60-90s between sets

Leg Raises

20 reps x 4 sets

Rest: 60s between sets

Plank Hold

60 seconds x 3 sets

Rest: 60s between sets

Day 4: Endurance Integration Day

Ø=Üj Warm-up (5 - 7 min)

Tempo pull-ups x10

Tempo dips x10

Arm circles

Shoulder warm-up

Muscle-up practice

Rest: No rest needed

Ø>Ýé PART 1: Activation - Submaximal Sets

7 pull-ups

23 dips

32 push-ups

x 2 sets

Rest: 90s between sets

Ø=Ý% PART 2: Main Set - FIBO Round of 16 Style

39 dips

15 pull-ups

54 push-ups

7 muscle-ups

x 3 rounds (competition pace)

Rest: 60s between rounds

&j PART 3: Finisher - Short EMOM

EMOM 6 min:

4 pull-ups + 18 push-ups

Rest: Rest for remainder of each minute

Week 2

Day 1: Pull Day

Ø=Üj Warm-up (5 - 7 min)

Tempo pull-ups x10-15

Arm circles, shoulder mobility

Hang holds: 3x15s

Muscle-up practice (if applicable)

Rest: No rest needed

Method 4: Pyramids

P u l l - u p s : 1 !' 1 1 !' 1

Increase by 2-3 reps per step

M u s c l e - u p s : 1 !' 6 !' 1

Increase by 1 rep per step

Rest: 30s between sets

Method 5: Superset Pull

10 pull-ups

12 chin-ups

24 australian pull-ups

5 muscle-ups

× 4 rounds

Rest: 2-3 min between rounds

Finisher: Australian Pull-Up

10 sets × 12 reps

Rest: 30s between sets

Day 2: Push Day

Ø=Üj Warm-up (5 - 7 min)

Tempo push-ups x15-20

Shoulder circles and stretches

Arm swings

Tempo dips x10-15

Rest: No rest needed

Method 2: EMOM Blocks

EMOM 8 min: 18 dips

EMOM 8 min: 25 push-ups

EMOM 10 min: 15 dips

EMOM 10 min: 21 push-ups

Rest: Rest for the remainder of each minute

Method 4: Separated Volume

5 sets × 40 dips

5 sets × 56 push-ups

5 sets × 38 bar dips

Rest: 90s between sets

Finisher: Isometric Push Hold

EMOM 10 min:

10s 90° push-up hold

7 push-ups

Rest: Rest for the remainder of each minute

Day 3: Legs + Core + Cardio

Ø=Üj Warm-up (5 - 7 min)

Easy jogging 3-5 min

Leg swings forward and back

Tempo squats x15-20
Hip circles
Rest: No rest needed
Cardio: Running
Run 15 minutes at steady pace
Rest: 2-3 min
Squats
36 reps x 4 sets
Rest: 60s between sets
Jump Squats
16 reps x 3 sets
Rest: 60s between sets
Burpees
15 reps x 4 sets
Rest: 60-90s between sets
Leg Raises
24 reps x 4 sets
Rest: 60s between sets
Plank Hold
60 seconds x 3 sets
Rest: 60s between sets

Day 4: Endurance Integration Day

Ø=Üj Warm-up (5-7 min)
Tempo pull-ups x10
Tempo dips x10
Arm circles
Shoulder warm-up
Muscle-up practice
Rest: No rest needed
Ø>Ýé PART 1: Activation - Submaximal Sets
7 pull-ups
23 dips
32 push-ups
x 2 sets
Rest: 90s between sets
Ø=Ý% PART 2: Main Set - FIBO Round of 16 Style
44 dips
18 pull-ups
62 push-ups
8 muscle-ups
x 3 rounds (competition pace)
Rest: 60s between rounds

&j PART 3: Finisher - Short EMOM

EMOM 6 min:

4 pull-ups + 18 push-ups

Rest: Rest for remainder of each minute

Week 3

Day 1: Pull Day

Ø=Üj Warm-up (5-7 min)

Tempo pull-ups x10-15

Arm circles, shoulder mobility

Hang holds: 3x15s

Muscle-up practice (if applicable)

Rest: No rest needed

Method 4: Pyramids

Pull-ups: 1 !' 1 1 !' 1

Increase by 2-3 reps per step

Muscle-ups: 1 !' 6 !' 1

Increase by 1 rep per step

Rest: 30s between sets

Method 5: Superset Pull

10 pull-ups

12 chin-ups

24 australian pull-ups

5 muscle-ups

× 4 rounds

Rest: 2-3 min between rounds

Finisher: Isometric Hold + Max Pull

Hold at top 10s !' Hold in middle 10s !' Dead hang 10s !' Max pu

× 3 rounds

Rest: 5 min between rounds

Day 2: Push Day

Ø=Üj Warm-up (5-7 min)

Tempo push-ups x15-20

Shoulder circles and stretches

Arm swings

Tempo dips x10-15

Rest: No rest needed

Method 1: Density Circuit

18 dips
25 push-ups
14 bar dips
x 5 rounds

Rest: 90s between rounds

Method 4: Separated Volume

5 sets x 40 dips
5 sets x 56 push-ups
5 sets x 38 bar dips

Rest: 90s between sets

Finisher: Isometric Push Hold

EMOM 10 min:
10s 90° push-up hold
7 push-ups

Rest: Rest for the remainder of each minute

Day 3: Legs + Core + Cardio

Ø=Üj Warm-up (5 - 7 min)

Easy jogging 3-5 min
Leg swings forward and back
Tempo squats x15-20
Hip circles

Rest: No rest needed

Cardio: Jump Rope

Jump rope for 20 minutes without stopping
Rest: 2-3 min

Squats

41 reps x 4 sets
Rest: 60s between sets

Jump Squats

16 reps x 4 sets
Rest: 60s between sets

Burpees

18 reps x 5 sets
Rest: 60-90s between sets

Leg Raises

27 reps x 5 sets
Rest: 60s between sets

Plank Hold

75 seconds x 4 sets
Rest: 60s between sets

Day 4: Endurance Integration Day

Ø=Üj Warm-up (5 - 7 min)

Tempo pull-ups x10

Tempo dips x10

Arm circles

Shoulder warm-up

Muscle-up practice

Rest: No rest needed

Ø>Ýé PART 1: Activation - Submaximal Sets

7 pull-ups

23 dips

32 push-ups

× 2 sets

Rest: 90s between sets

Ø=Ý% PART 2: Main Set - FIBO Round of 16 Style

50 dips

20 pull-ups

69 push-ups

9 muscle-ups

× 3 rounds (competition pace)

Rest: 60s between rounds

&j PART 3: Finisher - Short EMOM

EMOM 6 min:

4 pull-ups + 18 push-ups

Rest: Rest for remainder of each minute

Week 4

Day 1: Pull Day

Ø=Üj Warm-up (5 - 7 min)

Tempo pull-ups x10-15

Arm circles, shoulder mobility

Hang holds: 3x15s

Muscle-up practice (if applicable)

Rest: No rest needed

Method 3: Separated Volume

Muscle-ups:

4 sets × 8 reps

5 sets × 6 reps

6 sets × 5 reps

Pull-ups:

4 sets x 12 reps

5 sets x 9 reps

6 sets x 8 reps

Rest: 90s-2 min between sets

Method 4: Pyramids

P u l l - u p s : 1 !' 1 1 !' 1

Increase by 2-3 reps per step

M u s c l e - u p s : 1 !' 6 !' 1

Increase by 1 rep per step

Rest: 30s between sets

Finisher: Australian Pull-Up

10 sets x 12 reps

Rest: 30s between sets

Day 2: Push Day

Ø=Üj W a r m - u p (5 - 7 m i n)

Tempo push-ups x15-20

Shoulder circles and stretches

Arm swings

Tempo dips x10-15

Rest: No rest needed

Method 6: No-Stop Sets

20 dips + 28 push-ups (no rest between)

x 4 rounds

Rest: 2-3 min between rounds

Method 1: Density Circuit

18 dips

25 push-ups

14 bar dips

x 5 rounds

Rest: 90s between rounds

Finisher: Isometric Push Hold

EMOM 10 min:

10s 90° push-up hold

7 push-ups

Rest: Rest for the remainder of each minute

Day 3: Legs + Core + Cardio

Ø=Üj Warm-up (5 - 7 min)

Easy jogging 3-5 min

Leg swings forward and back

Tempo squats x15-20

Hip circles

Rest: No rest needed

Cardio: Running

Run 25 minutes at steady pace

Rest: 2-3 min

Squats

47 reps x 4 sets

Rest: 60s between sets

Jump Squats

16 reps x 4 sets

Rest: 60s between sets

Burpees

22 reps x 6 sets

Rest: 60-90s between sets

Leg Raises

31 reps x 5 sets

Rest: 60s between sets

Plank Hold

90 seconds x 4 sets

Rest: 60s between sets

Day 4: Endurance Integration Day

Ø=Üj Warm-up (5 - 7 min)

Tempo pull-ups x10

Tempo dips x10

Arm circles

Shoulder warm-up

Muscle-up practice

Rest: No rest needed

Ø>Ýé P A R T 1 : Activation - Submaximal Sets

7 pull-ups

23 dips

32 push-ups

x 2 sets

Rest: 90s between sets

Ø=Ý% P A R T 2 : Main Set - F I B O Round of 16 Style

52 dips
21 pull-ups
73 push-ups
10 muscle-ups
x 3 rounds (competition pace)

Rest: 60s between rounds

&| P A R T 3 : F i n i s h e r - S h o r t E M O M

EMOM 6 min:

4 pull-ups + 18 push-ups

Rest: Rest for remainder of each minute