

# 4-Week Calisthenics Endurance Program

Level: Intermediate

## Week 1

## Day 1: Pull Day

Ø=Ü; 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

× 4 rounds

*Rest: 2-3 min between rounds*

## Method 4: Pyramids

Pull-ups: 1 !' 11 !' 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 pull  
x 3 rounds

*Rest: 5 min between rounds*

## Day 2: Push Day

Ø=Ü; 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 ! 35 ! 1 (increase by 3 per step)

Push-ups: 1 ! 49 ! 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=Ü 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=Ü; 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

39 dips

15 pull-ups

54 push-ups

7 muscle-ups

× 3 rounds (competition pace)

*Rest: 60s between rounds*

& ; 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=Ü; 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=Ü 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=Ü 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

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: Isometric Hold + Max Pull

H o l d a t t o p 1 0 s ! ' H o l d i n m i d d l e 1 0 s ! ' D e a d h a n g 1 0 s ! ' M a x p u

× 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

× 5 rounds

*Rest: 90s between rounds*

#### 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=Ü 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 × 4 sets

*Rest: 60s between sets*

#### Jump Squats

16 reps × 4 sets

*Rest: 60s between sets*

#### Burpees

18 reps × 5 sets

*Rest: 60-90s between sets*

#### Leg Raises

27 reps × 5 sets

*Rest: 60s between sets*

#### Plank Hold

75 seconds × 4 sets

*Rest: 60s between sets*

## Day 4: Endurance Integration Day

Ø=Ü; 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

50 dips

20 pull-ups

69 push-ups

9 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 4

### Day 1: Pull Day

Ø=Ü; 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 x 8 reps

5 sets x 6 reps

6 sets x 5 reps



Pull-ups:

4 sets × 12 reps

5 sets × 9 reps

6 sets × 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 × 12 reps

*Rest: 30s between sets*

## Day 2: Push Day

Ø=Ü 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 6: No-Stop Sets

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

× 4 rounds

*Rest: 2-3 min between rounds*

Method 1: Density Circuit

18 dips

25 push-ups

14 bar dips

× 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=Ü 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=Ü 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

52 dips

21 pull-ups

73 push-ups

10 muscle-ups

× 3 rounds (competition pace)

*Rest: 60s between rounds*

&j 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*