

### **Day 1- pull ups and presses**

- 3 sets until failure (pull ups)
- 1 set hold pull up as long as possible
- 3 sets until failure (push ups)
- 1 set diamond push ups until failure
- 4 sets until failure (body weight rows)
- 5 sets of plank holds until failure



### **Day 2- rest**

### **Day 3- pull ups and presses**

- 4 sets until failure (dips)
- 3 sets until failure ( shoulder press with weights) or pike push ups
- 4 sets until failure ( hold pull up at the top with chin at bar for as long as possible)
- 4 sets toes to bar while hanging (until failure)

### **Day 4- legs**

- 4 sets of body weight squats until failure
- 3 sets of calves raises on one foot as many reps as you can
- 4 sets of dead lifts (10 to 12 reps) or superman holds for lower back

### **Day 5 –Rest**

### **Day 6** - repeat day 1 and add 2 sets of slow controlled dips at the end until failure

- 3 sets of planks until failure and 2 sets of crunches until failure

### **Day 7- legs**

- repeat leg day workout and repeat core from day 1

**For the rest of the continued plan check out my 8 week calisthenics routine on my site [coopercalisthenics.com](http://coopercalisthenics.com)**