

T H E C L A R I T Y P R O T O C O L

Calisthenics Progression 12wk

Built in Cape Town. Engineered for the world.

THE CLARITY PROTOCOL: 12-WEEK CALISTHENICS PROGRESSION

Zero to Elite. Form is the only metric.

The Progression Map

LEVEL	PUSH	PULL	SQUAT	HINGE
Zero	Wall Push-ups	Dead Hang	Assisted Squat	Glute Bridge
Foundation	Push-ups	Aus. Rows	Air Squat	Hip Hinge
Intermediate	Diamond PU / Dips	Pull-ups	Bulgarian Split	Single-Leg Bridge
Advanced	Pike PU / Ring Dips	C2B Pull-ups	Pistol (assisted)	Nordic Curl Negatives
Elite	Handstand PU	Muscle-up	Pistol Squat	Full Nordic Curl

PHASE 1: FOUNDATION (Weeks 1-3)

"Own your bodyweight before you try to master it."

Entry Test

- [] 10 push-ups (chest to floor, full lockout)
- [] 30s dead hang
- [] 20 air squats (below parallel)
- [] 10 glute bridges (3s hold at top)

Weekly Schedule

DAY	FOCUS	WORKOUT
Mon	Push + Squat	4x10 Push-ups (3s down) + 4x15 Squats + 3x30s Plank
Wed	Pull + Hinge	4x8 Aus. Rows + 4x12 Glute Bridges + 3x Max Hang
Fri	Full Body	3 rounds: 10 PU + 10 Rows + 15 Squats + 10 Bridges

Tempo: 3 seconds down, 1 second up on every rep. **Rest:** 90s between sets. Clock it. No scrolling.

Gate Test (End of Week 3)

- [] 20 push-ups unbroken
- [] 45s dead hang
- [] 30 air squats
- [] 15 glute bridges (single leg, 5 each side)

PHASE 2: INTERMEDIATE (Weeks 4-6)

"The pull-up is the gateway. Master it."

Weekly Schedule

DAY	FOCUS	WORKOUT
Mon	Push	4x8 Diamond PU + 3x10 Dips (bench/parallel) + 3x6 Pike PU
Wed	Pull	5x3 Pull-up Negatives (5s down) + 4x10 Aus. Rows (feet elevated) + 3x Max Hang
Fri	Legs	4x10 Bulgarian Split Squats + 3x12 Single-Leg Bridges + 3x5 Nordic Curl Neg
Sat	Full Body	4 rounds: 8 Dips + 3 Pull-ups + 10 BSS + 8 Single-Leg Bridge

Rest: 2 min between compound sets. 90s for accessories.

The Pull-up Protocol

If you can't do 1 pull-up yet: 1. **Negatives:** Jump up, lower yourself for 5 seconds. 5 sets of 3. 2. **Band-assisted:** Use resistance band for sets of 5. 3. **Grease the Groove:** Every hour, do 1-2 attempts throughout the day.

Gate Test (End of Week 6)

- 5 strict pull-ups
 - 15 dips
 - 10 Bulgarian split squats (each leg)
 - 5 Nordic curl negatives (controlled 5s)
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PHASE 3: ADVANCED (Weeks 7-9)

"Now we add explosiveness and single-limb control."

Weekly Schedule

DAY	FOCUS	WORKOUT
Mon	Push Power	5x5 Pike PU + 4x8 Ring Dips + 3x Max Diamond PU
Tue	Pull Power	5x3 Chest-to-Bar PU + 4x5 High Pulls + 3x20s False Grip Hang
Thu	Legs	4x5 Pistol Squat (assisted — hold post/wall) + 3x5 Nordic Curl Neg + 3x8 Cossack Squats
Fri	Skill	5x1 Muscle-up Negatives + 3x Wall HSPU (kick up, hold) + 3x Pistol practice

Rest: 3 min for heavy/skill work. 90s for volume.

Skill Work Protocol

Spend 10 min before each session on: - **Handstand:** Wall-facing hold (chest to wall, 30s) - **False Grip:** Hang from rings in false grip position - **Pistol balance:** Stand on one leg, lower 3s, touch box, stand

Gate Test (End of Week 9)

- 3 pike push-ups (freestanding)
 - 8 chest-to-bar pull-ups
 - 1 pistol squat (each leg, to a low box)
 - 1 muscle-up negative (controlled 5s from top to hang)
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PHASE 4: ELITE (Weeks 10-12)

"The test. One of each."

Weekly Schedule

DAY	FOCUS	WORKOUT
Mon	Muscle-up	10x1 MU attempts (full rest) + 5x3 Explosive C2B + 4x8 Ring Dips
Tue	Pistol	5x2 Pistol Squats + 4x5 Cossack Squats + 3x3 Nordic Curls
Thu	Handstand	5x Wall HSPU attempts + 4x6 Pike PU + 3x30s Freestanding Hold attempts
Fri	Test Day	Max MU + Max Pistol + Max HSPU — rest 5 min between
Sat	Volume	5 rounds: 5 PU + 5 Dips + 5 Squats + 5 Rows (easy pace)

Gate Test (End of Week 12: THE FINAL)

- [] 1 strict Muscle-up (bar or rings)
 - [] 1 full Pistol Squat (each leg, no assistance)
 - [] 1 Handstand Push-up (wall-assisted counts)
 - [] 3 full Nordic Curls
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GREASING THE GROOVE (Daily Protocol — All Phases)

RULE	DETAIL
Frequency	Every 2 hours during waking hours
Volume	50% of your max (max = 10 → do sets of 5)
Movement	The ONE move you're trying to unlock next
Fatigue	Never. Each set should feel easy.
Science	Trains the nervous system through repetition, not muscle damage

GtG Schedule Example (Pull-up focus)

TIME	SET
08:00	3 pull-ups
10:00	3 pull-ups
12:00	3 pull-ups
14:00	3 pull-ups
16:00	3 pull-ups
18:00	3 pull-ups
Daily total	18 quality reps (zero fatigue)
Weekly total	126 reps (nervous system mastery)

REST-INTERVAL SCIENCE

SET TYPE	REST	WHY
Skill/1RM attempts	3-5 min	Full ATP + creatine phosphate recovery
Strength (3-6 reps)	2-3 min	90%+ CNS recovery
Hypertrophy (8-12)	60-90s	Metabolic stress for growth signal
Endurance (15+)	30-60s	Cardiovascular overload