



BEGINNER CALISTHENICS

SuperHuman Origins

FRANK MEDRANO

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WHAT ROUTINE IS THE BEST

WHAT ROUTINE WILL BUILD STRENGTH

WHAT ROUTINE WILL BUILD MUSCLE

WHAT ROUTINE WILL HELP ME LOSE WEIGHT

I get these questions all the time. Firstly, there is no such thing as “the best routine”. For beginners, the best routine is the one you stick to for a long enough time to get results. Be patient and don’t be frustrated with the speed at which THINGS HAPPEN. One thing at a time, one after the other... Anything worthwhile takes time. Slow but steady progress will take you ANYWHERE you want in life. This training program will build your foundation to where it needs to be. The training methods are proven by me and my clients, and they’re necessary to get you ready for the next level.



WHY CHOOSE CALISTHENICS OVER OTHER TRAINING APPROACHES?

YOUR BODY IS YOUR GYM: You can take it everywhere you go and it never closes. It is a type of strength training you can perform at home with anything you have at hand. You don't need fancy equipment to get results.

SUSTAINABILITY: No matter what, you will always find ways how to train and progress further in your quest for strength.

AESTHETIC GOALS: Who is to say that only barbells and dumbbells are good for getting ripped and muscular? It's possible to achieve it all with calisthenics.

ENHANCE OTHER SPORT SPECIFIC TRAINING: If you are participating in any sport, you will definitely benefit from calisthenics. You will be stronger, leaner, more muscular, faster, and more agile.

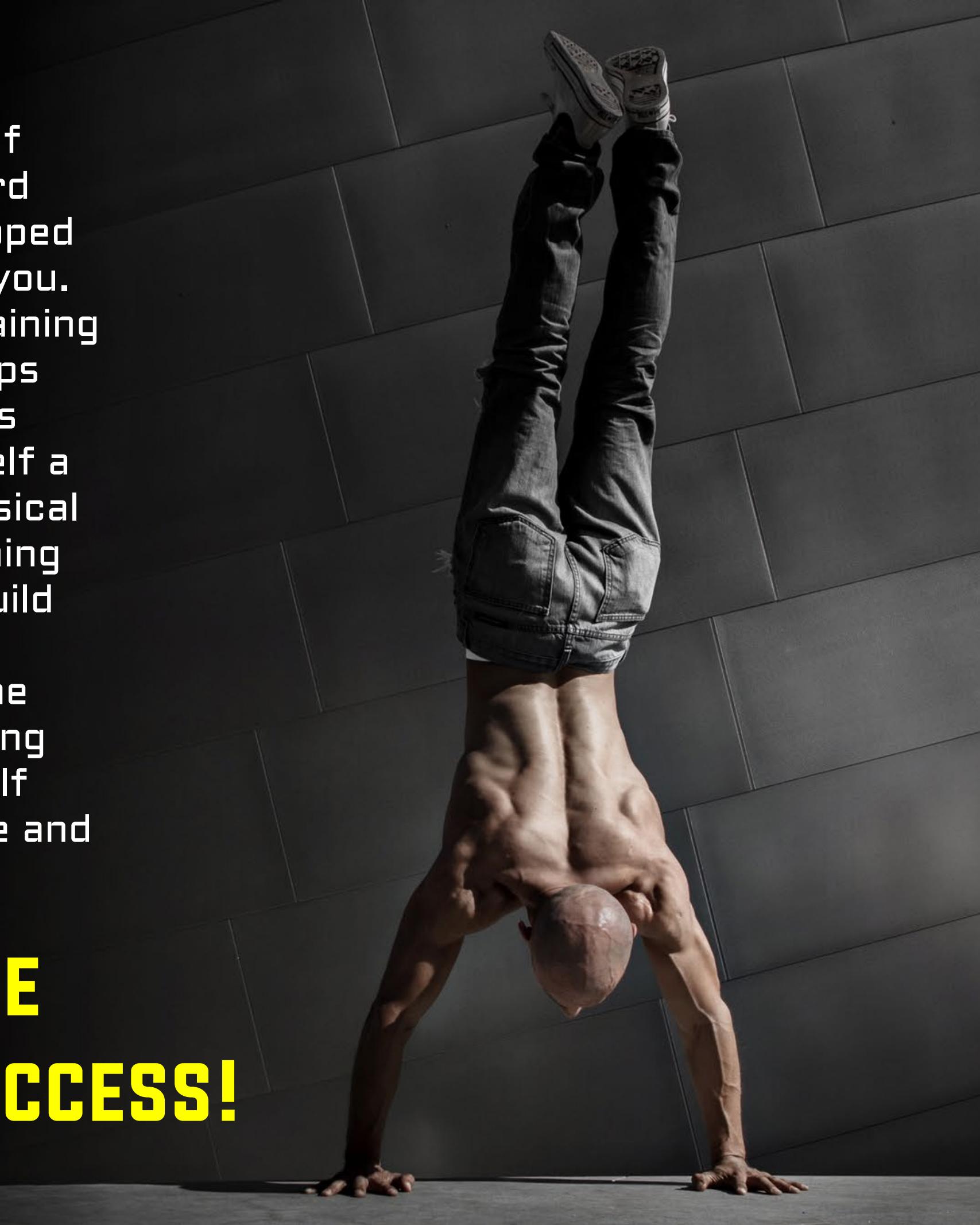
All of the training techniques in this program have been tested by me and my clients. I filtered all the useless methods to provide you only the best of the best. Every exercise and movement in this program is geared to advance you. The concept is simple, but remember, nothing worth having ever comes easy. Train effectively and work hard to achieve your goals.





I would like you to have a clear understanding of what Superhuman Training is all about. The word “SuperHuman” is used to describe YOUR untapped strength and potential that is naturally inside you. The Superhuman series is not just a fitness training program to get stronger and leaner, it also helps you get in tune with your body, and it cultivates the right attitude and discipline to build yourself a thriving life. Superhuman training is about physical and mental growth and development. This training can help you keep up with your kids, help you build mental toughness, and can be the difference between life and death in critical situations. The mental training will improve you as a human being to yourself and others, and you will find yourself taking on life’s challenges with much more ease and patience.

**YOU'RE THE ONLY MAIN PIECE
OF THE PUZZLE FOR YOUR SUCCESS!**



CREATING A **CALISTHENICS** STRENGTH-TRAINING ROUTINE

Some perceive calisthenics as being limited to cardio-intensive exercises such as jumping jacks and jogging. However, by utilizing your own bodyweight you can get just as much of a strength-based workout as you would get using all the fancy machines that you can find at the gym. Calisthenics provides an often overlooked and inexpensive option for those who want to get in peak physical condition without machines and devices.

By following these beginner routines you will be able to tone and build lean muscle that will raise your overall energy level and metabolism. Below I will give you some tips and show you some straightforward calisthenics routines that will help build your strength, core power, and muscle endurance to be able to move onto more advanced exercises and eventually **SUPERHUMAN** calisthenics capabilities.



 **PROGRAMS DEFINED**

The **IMMERSION** part of this program is to get you to prepare mentally and physically for calisthenics fitness. Whether you are already into fitness, or if you are beginning with this program, the four week immersion program will prepare you for the unique workout methods of calisthenics. This part of the program is designed to ease you into calisthenics, so you can feel confident physically and mentally to progress and tackle advanced calisthenics!

The **PROGRESSION** part of this program is designed for you to move on from the beginning stages, and start applying challenges so you get used to stepping out of your comfort zone. With a mindset to always challenge yourself with something new, something more difficult, you will be able to continue progressing without limitations. The results you see in calisthenics are based on the effort and challenges **YOU CHOOSE** to face and master.

BE PATIENT, BE CONSISTANT BE DETERMINED, BE UNLIMITED!

The INTRO TO CALISTHENICS exercises will challenge you to new levels. You should start implementing and practicing these exercises after you are a week into the “Progression” routine. Attempt these moves with care and only proceed if you are confident that you are physically ready to perform them. If you feel that you need more time, continue working on the “progression” part of the program with patience. Once your body is primed and ready, you will know!



SKIN THE CAT

BODY PULL-OVER



ARCHER PUSH-UP



SHUTTLE PUSH-UP



FROG STAND



L-SIT



WALL HANDSTAND



BENT ARM HANDSTAND



ARCH-UPS





Negative reps should be performed in a slow controlled manner. Starting from the top and lowering to the lower position. This concept is also known as Eccentric Training, which encourages rapid strength gain.

NEGATIVES

If you reach a point where a single rep takes you beyond 4 seconds due to energy depletion, you should cancel and rest.

CANCEL

EXECUTION

You must pay attention to the execution quality of the exercises. You should perform each exercise in a controlled manner. Concentrate on the contraction of the muscles that you use. Avoid swinging.

RELIEF

Depending on your fitness level, you can vary the difficulty of each exercise. If you can't complete your set of a specific exercise, finish the set with an easier version of the same exercise.

FINISHING

Every set should be done with your best effort to complete. If fatigue sets in, finish your set with NEGATIVES or RELIEF reps until you CANCEL the exercise.

BEFORE YOUR WORKOUT

It's very important whether you're in the gym or not to warm up before undertaking any routine. As you start your training into calisthenics, you will see how important it is and how much of an impact a proper warm up can do for your training. Warm-ups increase blood circulation and helps prime your muscles and joints for the workout they're about to endure.

Some of the most common calisthenics training injuries involve the shoulder joint. More often than not, these injuries are due to improper form, lack of control, or simply just jumping straight into a training session without a proper warm up. Start off with a steady pace jog/run for 5 - 10 minutes, then continue with a shoulder warm up routine. Pay attention to the hand positioning during these movements, as it is very important in order to fully engage your shoulders. This routine should be done in a consecutive manner as demonstrated in this  demo video.



CHARTS TERMINOLOGY

SETS

Sets are a series of reps of the same exercise.

REPS

Repetitions defines the number of times to perform a single exercise within one set.

REST

Is the period between two sets or after the last set before you proceed to the next exercise.

RA

Stands for “Reps Achieved”. The reps achieved per set will determine the rest period. The RA includes negatives or relief reps within the set.

HIIT

High Intensive Interval Training. The combined exercises should be done as fast as possible without rest in between them.

MAX

Stands for “maximum repetitions” which means you do the maximum possible amount of repetitions per set.



The exercise demo videos are copyrighted material and are forbidden to copy or share with others. These videos are designed for your personal training with the purchase of this program.



DAY 1

1

ELEVATED PUSH-UPS

MAX REPS
4 SETSREST
RA 1-2 = 60s
RA 3-4 = 90s
RA 5+ = 120s

DEMO

2

BENCH DIPS

MAX REPS
4 SETSREST
RA 1-2 = 60s
RA 3-4 = 90s
RA 5+ = 120s

DEMO

3

REGULAR PUSH-UPS

MAX REPS
4 SETSREST
RA 1-2 = 60s
RA 3-4 = 90s
RA 5+ = 120s

DEMO

4

DECLINE PUSH-UPS

MAX REPS
4 SETSREST
RA 1-2 = 60s
RA 3-4 = 90s
RA 5+ = 120s

DEMO

5

CALF RAISES

MAX REPS
4 SETSREST
60s

DEMO





DAY 2

1

REGULAR PULL-UPS

MAX REPS
4 SETS

REST
RA 1-2 = 60s
RA 3-4 = 90s
RA 5+ = 120s

DEMO

2

AUSTRALIAN PULL-UPS

MAX REPS
4 SETS

REST
RA 1-2 = 60s
RA 3-4 = 90s
RA 5+ = 120s

DEMO

3

CLOSE GRIP PULL-UPS

MAX REPS
4 SETS

REST
RA 1-2 = 60s
RA 3-4 = 90s
RA 5+ = 120s

DEMO

4

LUNGES

MAX REPS
4 SETS

REST
60s

DEMO

5

SQUATS

MAX REPS
4 SETS

REST
60s

DEMO

DAY 3**1****HIGH KNEES****HIIT**DURATION
30 seconds

DEMO

2**PLANK****HIIT**DURATION
15 seconds

DEMO

3**MOUNTAIN CLIMBERS****HIIT**DURATION
30 seconds

DEMO

4**PLANK****HIIT**DURATION
15 seconds

DEMO

5**JUMPING JACKS****HIIT**DURATION
30 seconds

DEMO

4 ROUNDS
2 MINUTES REST
IN BETWEEN**DAY 4 IS A REST DAY**



DAY 5

1

ELEVATED PUSH-UPS

MAX REPS
4 SETSREST
RA 1-2 = 60s
RA 3-4 = 90s
RA 5+ = 120s

DEMO

2

BENCH DIPS

MAX REPS
4 SETSREST
RA 1-2 = 60s
RA 3-4 = 90s
RA 5+ = 120s

DEMO

3

REGULAR PUSH-UPS

MAX REPS
4 SETSREST
RA 1-2 = 60s
RA 3-4 = 90s
RA 5+ = 120s

DEMO

4

DECLINE PUSH-UPS

MAX REPS
4 SETSREST
RA 1-2 = 60s
RA 3-4 = 90s
RA 5+ = 120s

DEMO

5

CALF RAISES

MAX REPS
4 SETSREST
60s

DEMO

DAY 6

1**REGULAR PULL-UPS**MAX REPS
4 SETSREST
RA 1-2 = 60s
RA 3-4 = 90s
RA 5+ = 120sDEMO **2****AUSTRALIAN PULL-UPS**MAX REPS
4 SETSREST
RA 1-2 = 60s
RA 3-4 = 90s
RA 5+ = 120sDEMO **3****CLOSE GRIP PULL-UPS**MAX REPS
4 SETSREST
RA 1-2 = 60s
RA 3-4 = 90s
RA 5+ = 120sDEMO **4****LUNGES**MAX REPS
4 SETSREST
60sDEMO **5****SQUATS**MAX REPS
4 SETSREST
60sDEMO **DAY 7 IS A REST DAY**



PROGRESSION WORKOUTS

WEEK 5 TO 8

DAY 1

1

PLANK PUSH-UPS

MAX REPS
4 SETS

REST
RA 1-2 = 60s
RA 3-4 = 90s
RA 5+ = 120s

DEMO

2

DIPS

MAX REPS
4 SETS

REST
RA 1-2 = 60s
RA 3-4 = 90s
RA 5+ = 120s

DEMO

3

LEG RAISES

MAX REPS
4 SETS

REST
RA 1-2 = 60s
RA 3-4 = 90s
RA 5+ = 120s

DEMO

4

PUSH-UPS

MAX REPS
4 SETS

REST
RA 1-2 = 60s
RA 3-4 = 90s
RA 5+ = 120s

DEMO

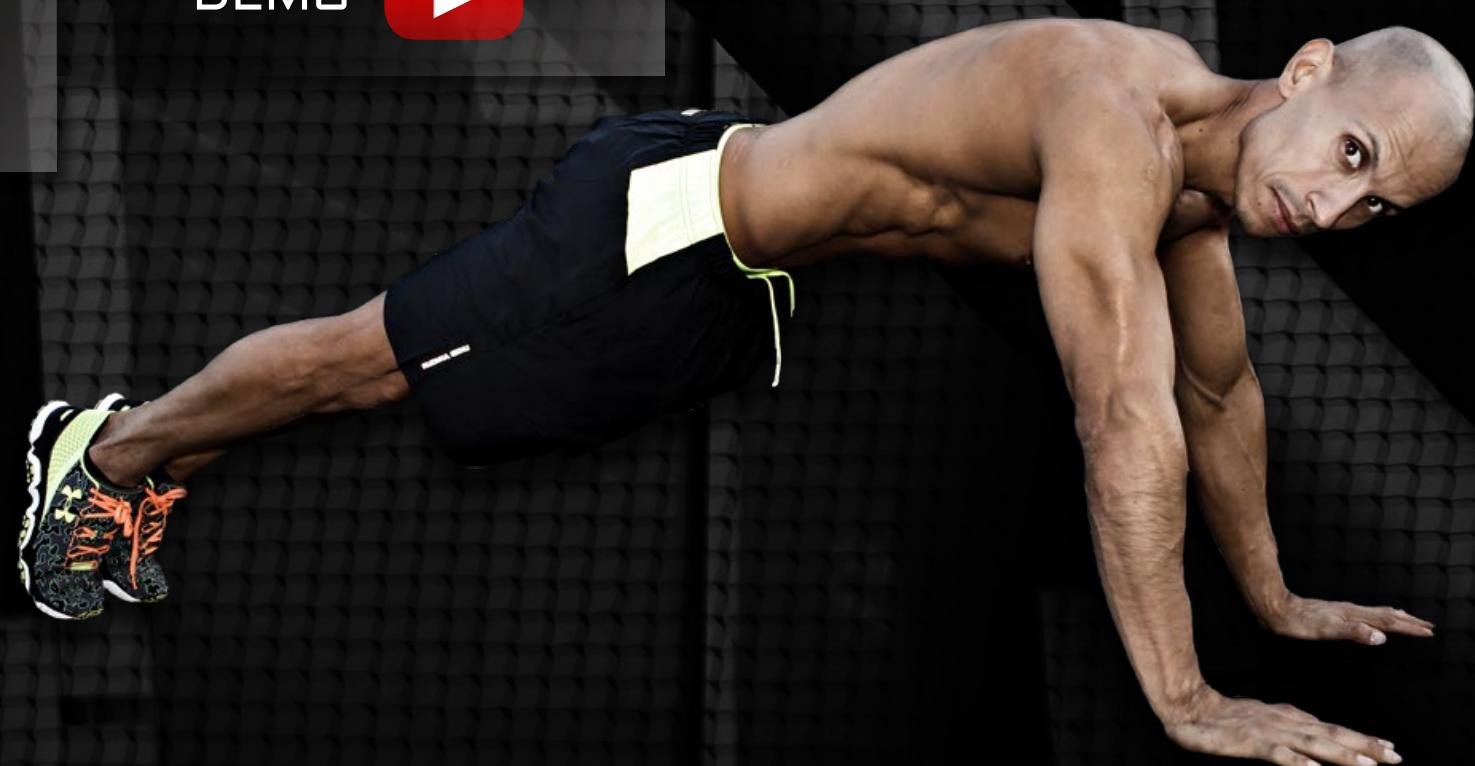
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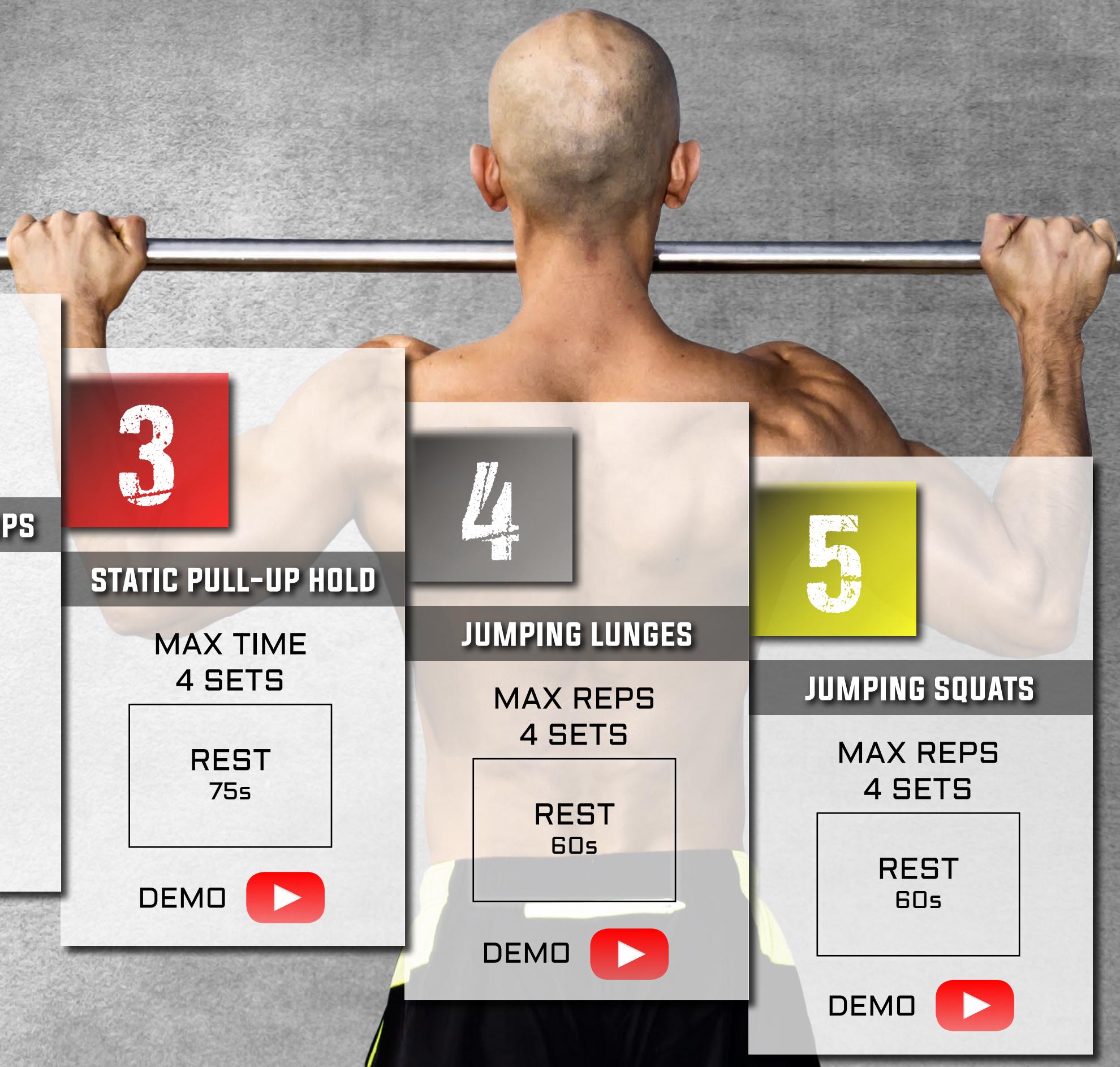
SINGLE CALF RAISES

MAX REPS
4 SETS

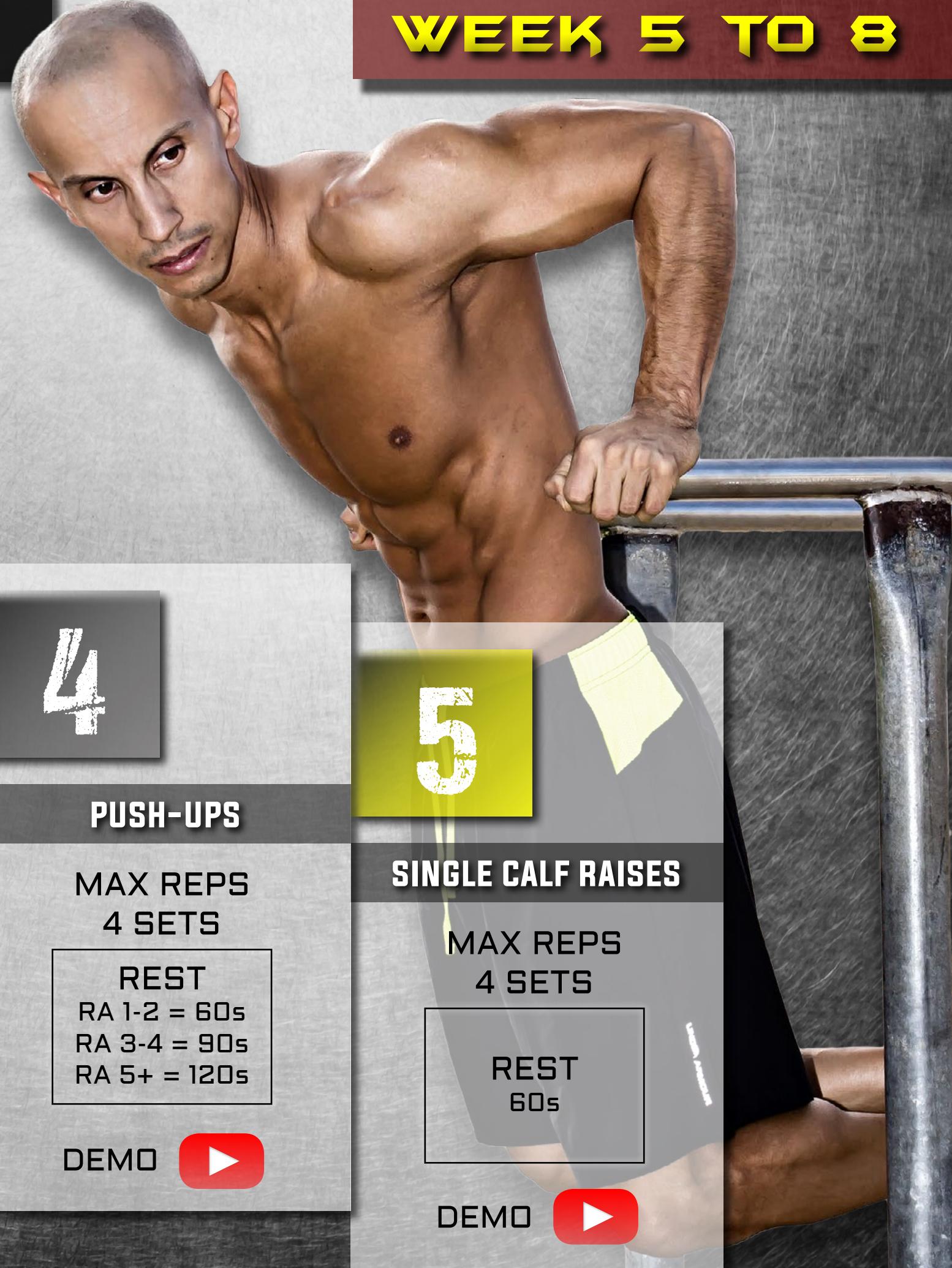
REST
60s

DEMO



DAY 2**1****WIDE CHIN-UPS**MAX REPS
4 SETSREST
RA 1-2 = 60s
RA 3-4 = 90s
RA 5+ = 120sDEMO **2****CLOSE GRIP PULL-UPS**MAX REPS
4 SETSREST
RA 1-2 = 60s
RA 3-4 = 90s
RA 5+ = 120sDEMO **3****STATIC PULL-UP HOLD**MAX TIME
4 SETSREST
75sDEMO **4****JUMPING LUNGES**MAX REPS
4 SETSREST
60sDEMO **5****JUMPING SQUATS**MAX REPS
4 SETSREST
60sDEMO 

DAY 3**1****HIGH KNEES****HIIT**DURATION
45 secondsDEMO **2****PLANK****HIIT**DURATION
30 secondsDEMO **3****MOUNTAIN CLIMBERS****HIIT**DURATION
45 secondsDEMO **4****PLANK****HIIT**DURATION
30 secondsDEMO **5****JUMPING JACKS****HIIT**DURATION
45 secondsDEMO **4 ROUNDS****2 MINUTES REST
IN BETWEEN****DAY 4 IS A REST DAY**

DAY 5**1****PLANK PUSH-UPS**MAX REPS
4 SETSREST
RA 1-2 = 60s
RA 3-4 = 90s
RA 5+ = 120sDEMO **2****DIPS**MAX REPS
4 SETSREST
RA 1-2 = 60s
RA 3-4 = 90s
RA 5+ = 120sDEMO **3****LEG RAISES**MAX REPS
4 SETSREST
RA 1-2 = 60s
RA 3-4 = 90s
RA 5+ = 120sDEMO **4****PUSH-UPS**MAX REPS
4 SETSREST
RA 1-2 = 60s
RA 3-4 = 90s
RA 5+ = 120sDEMO **5****SINGLE CALF RAISES**MAX REPS
4 SETSREST
60sDEMO 

DAY 6

1**WIDE CHIN-UPS**MAX REPS
4 SETSREST
RA 1-2 = 60s
RA 3-4 = 90s
RA 5+ = 120s

DEMO

**2****CLOSE GRIP PULL-UPS**MAX REPS
4 SETSREST
RA 1-2 = 60s
RA 3-4 = 90s
RA 5+ = 120s

DEMO

**3****STATIC PULL-UP HOLD**MAX TIME
4 SETSREST
75s

DEMO

**4****JUMPING LUNGES**MAX REPS
4 SETSREST
60s

DEMO

**5****JUMPING SQUATS**MAX REPS
4 SETSREST
60s

DEMO

**DAY 7 IS A REST DAY**

SINGLE LEG/ARM PLANK ON EACH SIDE**SIDE BRIDGE ON EACH SIDE****STANDARD HAND PLANK****DEMO** **HOLD FOR
30 SECONDS****FOREARM PLANK TO HAND GET UPS****15 REPS****THE FINISHER ROUTINE**

At the end of every workout I finish my routine with **CORE STABILITY** exercises. These are simple yet very **IMPORTANT** and **EFFECTIVE** exercises I do at the very end of each training session. From beginner to advanced, anyone interested in advancing in calisthenics should perform this routine twice with a 90 second rest period in between each set.

Perform each set continuously, non-stop to the end without rest. If your core is not strong enough to go all the way through, you can rest if necessary. Your goal is to achieve the non-stop method longterm.



COOLDOWN & RECOVERY

COOLDOWN

After every workout you should cool down. All stressed muscles should be used lightly, allowing the heart rate to return to its resting state. To do this, you can start by jogging or walking for 5-10 minutes, followed by some gentle stretching and foam rolling at the end of your workout. This cooldown routine will lower your heart rate gradually, which helps reduce stress on the heart. A good cool-down routine may decrease post-workout soreness and could also prevent injury.



RECOVERY

Recovery is an essential part of any workout program. After completing your workout and cooling down properly, your body requires care to repair those stressed muscles and replenish your storage of energy. Recovery includes plenty of rehydration, a healthy well rounded post workout meal, and rest. A workout routine without proper recovery may not only hinder your progress, but may also be damaging to your overall health and well-being. Take care of your physical recovery needs and your body will reward you for it. An occasional massage can be a beneficial compliment to your recovery routine.

JUMPING JACKS
FOAM ROLLING
BRISK WALKING
GENTLE STRETCH
HYDRATE

REST
ROLLING
WALKING
STRETCH
HYDRATE

EXERCISE
MIMICRY

LEVEL UP!

Honestly, the best ways to increase your REPS is to DO them. Walk up to the bar or go down to the floor and try to do just one more rep than you were able to do the previous time. Push or pull for that additional rep (or the first REP if you can't do any right now). If you can't do it, that's fine, just try again next time, and again after that. When you finally make it happen, the new goal is to go get an additional REP.

The word “NEGATIVE” is used to describe the lowering portion of an exercise. During pull-ups, push-ups, and dips, the NEGATIVE would be the point when you are lowering your body downward after pulling or pushing yourself up.

What I want you to do is skip the pulling/pushing portion to the top and JUST do the lowering portion of the exercise.

Negatives will strengthen all muscles that are lacking the strength needed to pull or push up, thus improving your ability to eventually perform the “pull” or “push” portion of the exercise. In order to properly do negatives, you have to start at the point when you’re already “at the top.” Lower yourself as slow and controlled as you possibly can. Focus on the muscles being used, and keep your body stable and tight as possible (no swinging). Once you have lowered yourself back to the starting position, repeat the process until CANCEL.

NEGATIVES

INCREASE YOUR FREQUENCY

You can train as much as your body can handle based on your speed of recovery. Another way to increase your REPS is to do them more often. Throw in a few extra sets (if you can) during your workout. You may also add another training day to your week. The most important thing to remember is to listen to your body and give it enough food, sleep, and water.

ASSISTED PUSH-UPS:

Put your knees on the ground to assist you going up.

ASSISTED PULL-UPS/DIPS OPTIONS:

Spotter: Have a friend supply the “assistance” by putting their hands under your feet/ankles/knees.

Bands You know those elastic workout bands that people use for 100 different things? Well, if you hook the top of the band around the bar, and then rest your knees in the bottom part, you create what is called a band-assisted pull up.

Machines: If you train at a gym, you may find an Assisting Pull Up Machine. This machine will take away a portion of your own bodyweight by using weights and will make it easier for you to pull up.

QUICK TIP:

Train your grip by hanging from the bar. This should help to increase your grip strength and inevitably your pull ups.

ASSISTED
REPS



WORDS OF ENCOURAGEMENT

The only limit you have with calisthenics is your own weight. In order to tone up, gain muscle, and get stronger, you must make sure that your diet will allow for it. Make sure that you're eating enough so your body can have the nutrients needed for proper recovery. If you feel your body can handle more training sessions and/or sets, do it! As you progress and your body adapts and gets stronger, you need to keep challenging yourself and get creative. There is always a way to utilize more bodyweight and push yourself to the next level. Sometimes it's just as simple as placing your hands in a different position, or maybe just wearing a backpack or weight vest. **Always challenge yourself!**

Frank Medrano



OVERVIEW

No matter your attitude towards fitness it's safe to say that we should all aim to be the best versions of our selves: Fit, healthy, and feeling great! That's why I am sharing some basic information of my nutritional approach with you. Don't fall victim to fad diets and misinformation. Instead, dedicate yourself to a healthy lifestyle which will give you the best long-lasting results.

GET RESULTS AND FEEL THE DIFFERENCE

I cannot stress enough how important it is to focus on clean eating . What you put in your mouth is over half the battle to weight loss, muscle gain, and healthy living. In this section, I will share a sample of my meals and very useful information that will help you stay on track with your healthy eating.

CALORIES**MACRO NUTRIENTS****VITAMINS & MINERALS****HYDRATION****POST-WORKOUT****SAMPLE MEALS**

ULTRA LOW CALORIE DIET

Most people won't realize that by not eating for long periods of time, they slow down their metabolism. (metabolism slows down after 3-4 days of ultra low-calorie dieting). Sounds like nothing scary, but it is. These individuals may drop some fat, but also experience substantial amounts of muscle loss, and energy depletion.

STAY AWAY FROM ULTRA-LOW CALORIE DIETS

WHAT HAPPENS WHEN CALORIES ARE TOO LOW?

1. Muscle mass is broken down for energy (catabolism).
2. Metabolic rate will begin to drop (typically) after 3 days of very low calories - this is related to, and compounded by the loss of muscle mass.
3. With very low calories you risk sluggishness, nutritional deficiencies, fatigue, and often irritability.

CALORIES IN VS CALORIES OUT

If we burn more calories than we consume, then we would be losing weight. If we burn less than we consume, then we would be gaining weight. Remember: it's important to consume calories from healthy foods. Consume the wrong amount of calories for your goal and you will fail. If your goal is to gain muscle, then add 10-20% to your maintenance amount of calories per day. If your goal is to lose fat, then subtract 10-20% from your maintenance amount of calories per day.

To help you determine the amount of calories needed for you to either maintain weight, lose weight, or make gains, enter your stats in a food tracker app of choice. A good app with a calorie counter will give you accurate calorie intake recommendations.

PROTEIN

You may have heard various opinions about protein intake. For athletes, protein intake does matter; the quality matters, and we all need a good amount of it if we wish to gain and maintain muscle. Like calories, protein requirements are going to vary from individual to individual. While packing on lean muscle, and minimal fat, my body does just fine with 1 gram of plant-based protein per pound of bodyweight, or at times slightly less, and this is what I recommend as a starting point. Some excellent sources of **plant-based protein** are as follows: any beans, lentils, nuts & nut butters, seeds, broccoli, humus, tofu, tempeh, peas, quinoa, hemp, spinach, and more!

FAT

I commonly see 0.5–0.7 grams of fat per pound of bodyweight being advocated to anyone in intensive training, and I think this is a great range. Pick quality, whole food sources of fat such as raw nuts, nut butters, avocados, flaxseed, and coconut. Fat is an excellent tool for recovery, as it prompts the production of hormones in our bodies, and adding in some extra dietary fat on those training days works well for me. Always remember to listen to your body.

CARBS

THE RIGHT WAY TO CARB!

As for carbs, they are not evil as the low-carb gurus tell you. Of course, you will need an intelligent carb cycling plan if you want to be lean, but you don't need to fear carbs like death itself. Carbohydrates are the most potent sources of energy for all human beings, and they are essential to quality athletic performance. Whether I am looking to build up or cut down, I **ALWAYS** eat plenty of carbs. The cool thing about a plant-based diet is that plenty of great carb sources are also packed with protein, fiber, and iron - so we can get the most bang for our buck when we eat food like oatmeal, legumes, brown-rice pasta, quinoa, grains, and nuts. The antioxidant properties in fruits and vegetables are essential for athletic recovery and basic health, so an optimal diet should be rich in them.

THE WRONG WAY TO CARB - HIGHLY PROCESSED FOODS

You can eat A TON of them and be STARVING in an hour. They do not satiate you at all, and are not absorbed well by your body. Stay away from highly processed food as much as possible.

GOOD

Yams, Potatoes, Sweet Potatoes
Fresh Corn
Brown Rice, Whole Grain Pasta
Oats, Rye, Quinoa, Muesli
100% Whole-Grain Bread/Wraps

BAD

Potato Fries, Chips
Tortilla Chips, Crackers, Pop-Corn
White Rice, White Pasta
Refined Cereals, Sugary Cereal Bars
White Bread, Donuts, Pastries

VITAMINS & MINERALS

As a vegan athlete, I easily get my vitamins and minerals on a healthy plant based diet. The primary vitamins I look out for are calcium, vitamin D and iron. Calcium and vitamin D are both necessary nutrients for athletes to enhance bone density. Iron reduces fatigue and assists in red blood cell development. Some of the vegan sources include leafy green vegetables, beans, peas, nuts, seeds, tofu, tahini, hummus, broccoli, and fortified foods and drinks such as orange juice, seed and nut milks, and wholegrain cereals. Do a simple online search for “vegan” sources of a specific vitamin/mineral you’re looking for to find your most convenient options. Don’t forget, SUNSHINE is the best source of vitamin D. How convenient for an outdoors calisthenics athlete!

HYDRATION

Keeping your body hydrated and refreshed is very important and water is the purest source of hydration. Water can also help suppress your appetite. Some of us tend to confuse hunger with thirst. If you’re still hungry often after eating, you may be thirsty. Hydrate after your meal and you will know about 5 minutes after drinking water if you are truly still hungry. Drink 8–10 glasses per day.

NUTRIENTS POST WORKOUT HYDRATION

POST WORKOUT NUTRITION

Post-workout it is important to replenish nutrients and to begin recovery for your next session. Fruits and veggies are packed with antioxidants and anti-inflammatory properties that will counteract the lactic acid build-up from the training session. I feel that the best thing to have post workout is a green protein smoothie with some kale, I also add a scoop of plant-based protein powder and an apple, orange, or banana. Whatever I eat, I like to keep it light, energy packed, and easily digestible.

SUPPLEMENTS

Supplements were created to “supplement” your training and diet, not to replace them. Use them only for convenience. I take plant-based protein powder post workout with my shake.

OFF-LIMITS LIST

No candy, pastries, or ice cream.

Ideally, no sugar!

No soda or flavored drinks.

No white bread, white rice, or white pasta.

HERE IS A TASTE OF WHAT I EAT IN THIS 3 DAY SAMPLE MEAL PLAN. BE ON THE LOOK OUT FOR MORE IN-DEPTH FULL MEAL PLANS WITH NUTRITIONAL INFO AND RECIPES COMING SOON!

DAY 1

BREAKFAST: oatmeal with raisins, walnuts, and almond milk

POST WORKOUT SMOOTHIE: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

LUNCH: quinoa, lentils, and sweet potatoes

SNACK: apples & raw almonds

DINNER: spinach salad with cranberries, mushrooms (homemade dressing: olive oil, lemon juice and garlic)

LATE SNACK: whole grain cereal with almond milk

DAY 2

BREAKFAST: banana protein pancakes

POST WORKOUT SMOOTHIE: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

LUNCH: brown rice, black beans, steamed spinach & $\frac{1}{2}$ avocado

SNACK: 1 handful of walnuts and raisins

DINNER: roasted cauliflower, chickpeas and quinoa bowl

LATE SNACK: veggies and hummus

DAY 3

BREAKFAST: scrambled tofu, veggies w/whole grain toast

POST WORKOUT SMOOTHIE: 1 cup kale or spinach, protein powder, 1 banana, and 1 cup of berries

LUNCH: veggie burger with baked sweet potato wedges

SNACK: 2 slices sprouted whole grain bread, banana, and peanut butter

DINNER: hummus wrap with guacamole and cucumber slices

LATE SNACK: brown rice cake with natural peanut butter

PROGRESS, NOT PERFECTION

Some individuals will feel that if they cheated on their diet for a meal, that the entire program is blown. Here is how the thought process proceeds: “Well, I just messed up, so I might as well eat whatever I want and start over next week.” Keep in mind that your program is about progress, not perfection. You want to maintain a diet and program that can become a lifestyle. Just get right back on track and keep going instead of continuing a pattern that will pull you away from your goals. Remember, this program is all about progress, not perfection. The goal is for you to make gradual lifestyle changes that will help you get into better physical shape and health. Day by day, week-by-week, one “step” at a time, keep making progress.

WRAP UP

This is what works for me and it may work for you. I believe the foundation of any healthy and successful diet is consistency. You need to train hard and stick to a solid diet at least 90–95% of the time to get the results you want. The best way to keep this consistency is to pick nutritious foods you look forward to eating every day. Enjoy your diet and you will have no problem sticking with it. Remember to keep your eyes on the prize and to focus on your goals: getting toned, healthy and fit! Most importantly, listen to your body, drink lots of water, get at least eight hours of sleep every night, and stick to your workout plan!

“FOCUS ON THE BIG THREE: TRAINING, DIET, AND RECOVERY.”



THANK YOU FOR PURCHASING AND READING

BEGINNER CALISTHENICS: SUPER HUMAN ORIGINS

“WORK HARD IN SILENCE. LET SUCCESS BE YOUR NOISE!”

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Physical exercise can be strenuous and subject to risk of serious injury (including but not limited to musculoskeletal injury, spinal injuries, abnormal blood pressure responses, and rare instances heart attack or death), it is urged that you obtain physical examination from a doctor before using any exercise equipment or participating in any exercise activity. Any recommendation for changes in diet including the use of food supplements are your responsibility and you should consult a physician prior to undergoing any dietary or food supplement changes. Results will vary. Exercise and proper diet are necessary to achieve and maintain weight loss and muscle definition.

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