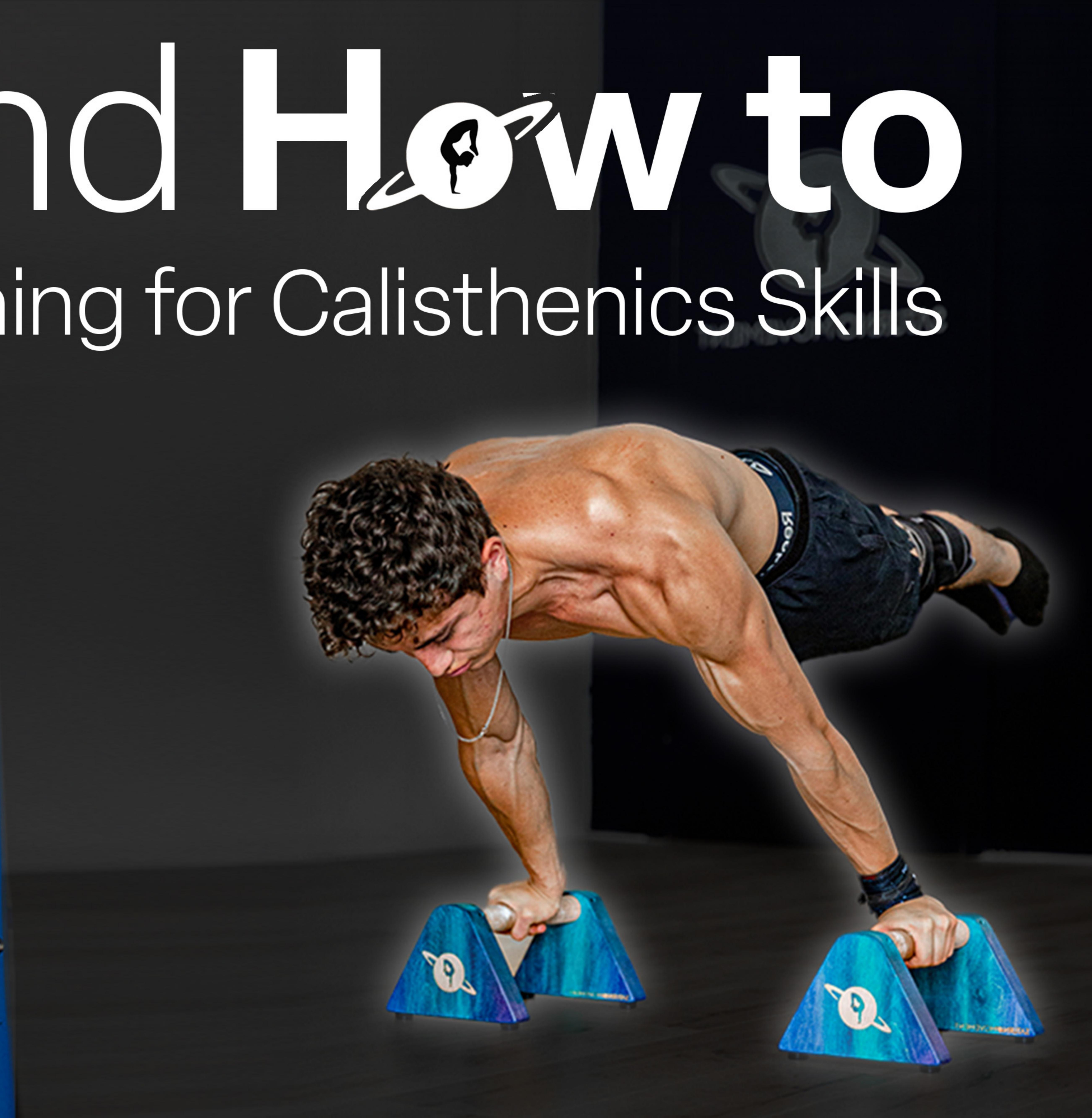


When and How to

Start Training for Calisthenics Skills



Introduction

Many aspire to achieve impressive calisthenics skills like handstands, planches, and muscle-ups, yet often struggle to know where to begin. This ebook simplifies the process into practical steps for beginners and intermediate practitioners and provides routine examples so you can apply this information today!



[Watch the Video Guide](#)

1. Foundational Principles

Mastering the basics is crucial before diving into skill training. Movements like Push-Ups, Dips, Pull-Ups, and Rows form the cornerstone of strength and require proper development time. Additionally, focusing on stability positions such as Top Dip Support and Hollow Body Hold, along with joint conditioning exercises, ensures a strong foundation.

Skipping this foundational phase hampers progress in advanced skills like the Planche or Front Lever. Therefore, investing time in basic movements early on saves time and energy in the long run, prevents injury, and ensures efficient skill development.



2. Integrating Skills with Basics

A common mistake is abandoning basic exercises once mastered and solely focusing on skill training. This approach is counter-productive for several reasons:

Basics maintain muscle mass more effectively than static holds.

New skill training requires endurance, which beginners often lack.

Overemphasis on straight-arm exercises can lead to increased injury risk.

Instead, the recommended approach is to integrate skills gradually into a routine. For example, if focusing on the planche, incorporate a single progression like the planche lean alongside basic pushing exercises like Dips and Handstand Push-Ups. As proficiency improves, one can advance to harder progressions or add more skill-focused exercises.

Even elite athletes, known for their static skill prowess, include bent-arm movements at higher intensities for muscle maintenance and injury prevention. For instance, they might perform planche push-ups instead of standard push-ups.



3. Customizing Your Training

The balance between "skill work" and "basics" varies based on individual factors. For instance, advanced athletes with a strong foundation can dedicate more time to skill training. While beginners might still have to work on certain weak links and develop a more substantial base of muscle mass and strength. Focusing on individual weaknesses helps tailor training to specific needs.

Understanding this balance ensures efficient progress towards calisthenics goals. By prioritizing mastering the basics, practitioners set a sturdy foundation for tackling more advanced skills effectively. This is why spending time on basics will never be a wasted effort.

4. Training Examples: A Practical Approach

Calisthenics training offers various methods to blend skill development with foundational exercises. Here, we'll explore three effective strategies for integrating skills and basics into your routine.



METHOD 1 | *Hybrid Workouts*

Ideal for beginners, hybrid workouts seamlessly merge skill training with basics. Consider a routine where you typically focus on basic movements twice a week, such as Push-Ups, Pull-Ups, Dips, and Rows. Now, introduce skills like L-Sit, Pistol Squat, and Handstand by swapping out some basic exercises. For instance, replace a basic push movement with a planche progression and a pull movement with a front lever progression. This balanced approach maintains strength while honing new skills. Start with a 70% basics and 30% skills split and adjust as you progress.

WORKOUT TEMPLATES →

SCHEDULE

D1 - Full Body A

D2 - Rest

D3 - Full Body B

D4 - Rest

D5 - Full Body C

D6 - Rest

D7 - Rest

GOALS (Primary)

L-Sit

Pistol Squat

Handstand

GOALS (Secondary)

BASIC EXERCISES

18

SKILL EXERCISES

0

100%

METHOD #1

HYBRID WORKOUTS

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1 Elevated Pike Push-Ups 3 sets 5 reps		Pike Push-Ups 3 sets 10 reps		Elevated Pike Push-Ups 3 sets 5 reps		
2 Pull-Ups 3 sets 10 reps		Chin-Ups 3 sets 10 reps		Pull-Ups (Neutral) 3 sets 10 reps		
3 Dips 3 sets 15 reps		Bar Dips 3 sets 10 reps		Dips (w/ Pause) 3 sets 12 reps		
4 Squats 3 sets 10 reps		Deadlifts 3 sets 8 reps		Squats (w/ Pause) 3 sets 10 reps		
5 Ring Rows (Neutral) 2 sets 12 reps		Ring Rows (Pronated) 2 sets 12 reps		Inverted Bar Rows 2 sets 12 reps		
6 Push-Ups 2 sets 12 reps		Diamond Push-Ups 2 sets 12 reps		Elbow Plank 2 sets 30 sec		
	R E S T		R E S T		R E S T	

SCHEDULE

D1 - Full Body + Skills A

D2 - Rest

D3 - Full Body + Skills B

D4 - Rest

D5 - Full Body + Skills C

D6 - Rest

D7 - Rest

GOALS (Primary)

- L-Sit
- Pistol Squat
- Handstand

GOALS (Secondary)

- Basic Strength

BASIC EXERCISES

9

SKILL EXERCISES

9

50%

50%

METHOD #1

HYBRID WORKOUTS

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1 BTW HS Hold 3 sets 30 sec		HS Balance (w/ Wall) 1 set 15 min		HS Balance (w/ Wall) 1 set 15 min		
2 Freestanding HS Practice 1 set 10 min		Elevated Pistol Squats 3 sets 6 reps		Elevated Pistol Squats 3 sets 6 reps		
3 Negative Pistol Squats 3 sets 6 reps		Pike Push-Ups 3 sets 5 reps		L-Sit Leg Switches 3 sets 10 reps		
4 L-Sit Progression Hold 3 sets 20 sec		Pull-Ups 3 sets 10 reps		Pike Push-Ups 3 sets 5 reps		
5 Elevated Pike Push-Up 3 sets 5 reps		Dips 3 sets 15 reps		Pull-Ups 3 sets 10 reps		
6 Pull-Ups 3 sets 10 reps		Leg Raises (Dip Bar) 3 sets 10 reps		Dips 3 sets 15 reps		

SCHEDULE

- D1 - Full Body + Skills A
- D2 - Handstand A
- D3 - Full Body + Skills B
- D4 - Handstand B
- D5 - Full Body + Skills C
- D6 - Handstand A
- D7 - Rest

GOALS (Primary)

- L-Sit
- Pistol Squat
- Handstand

GOALS (Secondary)

- Basic Strength

BASIC EXERCISES

9

SKILL EXERCISES

18

67% 33%

METHOD #1

HYBRID WORKOUTS

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1 BTW HS Hold 3 sets 30 sec	Freestanding HS Attempts 1 set 15 min	HS Balance (w/ Wall) 1 set 15 min	HS Balance (w/ Wall) 1 set 15 min	HS Balance (w/ Wall) 1 set 15 min	Freestanding HS Attempts 1 set 15 min	
2 Freestanding HS Practice 1 set 10 min	Elevated Pike HS Shrugs 3 sets 10 reps	Elevated Pistol Squats 3 sets 6 reps	Kick-Up Practice 1 set 15 min	Elevated Pistol Squats 3 sets 6 reps	Elevated Pike HS Shrugs 3 sets 10 reps	
3 Negative Pistol Squats 3 sets 6 reps	Wall Walks 3 sets 5 reps	Pike Push-Ups 3 sets 5 reps	CTW HS Hold 3 sets 30 sec	L-Sit Leg Switches 3 sets 10 reps	Wall Walks 3 sets 5 reps	
4 L-Sit Progression Hold 3 sets 20 sec		Pull-Ups 3 sets 10 reps		Pike Push-Ups 3 sets 5 reps		
5 Elevated Pike Push-Up 3 sets 5 reps		Dips 3 sets 15 reps		Pull-Ups 3 sets 10 reps		
6 Pull-Ups 3 sets 10 reps		Leg Raises (Dip Bar) 3 sets 10 reps		Dips 3 sets 15 reps		

R
E
S
T

SCHEDULE

D1 - Full Body + Skills A

D2 - Rest

D3 - Full Body + Skills B

D4 - Rest

D5 - Full Body + Skills C

D6 - Rest

D7 - Rest

GOALS (Primary)

Planche

Front Lever

GOALS (Secondary)

Basic Strength

BASIC EXERCISES

12

SKILL EXERCISES

6

67%

33%

METHOD #1

HYBRID WORKOUTS

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1 Planche Lean 4 sets 15 sec		Planche Lean 4 sets 15 sec		Planche Lean 4 sets 15 sec		
2 Adv. Tuck FL Hold 4 sets 15 sec		Adv. Tuck FL Hold 4 sets 15 sec		Adv. Tuck FL Hold 4 sets 15 sec		
3 BTW HSPU 3 sets 5 reps		Ring Dips 3 sets 15 reps		BTW HSPU 3 sets 5 reps		
4 Weighted Pull-Ups 3 sets 10 reps		Deadlifts 3 sets 8 reps		L-Sit Pull-Ups 3 sets 10 reps		
5 Weighted Dips 3 sets 15 reps		Ring Rows (Pronated) 2 sets 12 reps		Shrimp Squats 3 sets 10 reps		
6 Pistol Squats 3 sets 10 reps		Deep Weighted Push-Ups 2 sets 12 reps		Elbow Plank 2 sets 30 sec		
	R E S T		R E S T		R E S T	

SCHEDULE

D1 - Full Body + Skills A

D2 - Rest

D3 - Full Body + Skills B

D4 - Rest

D5 - Full Body + Skills C

D6 - Rest

D7 - Rest

GOALS (Primary)

Planche

Front Lever

GOALS (Secondary)

Basic Strength

BASIC EXERCISES

12

SKILL EXERCISES

6

67%

33%

METHOD #1

HYBRID WORKOUTS

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1 Planche Lean 4 sets 15 sec		2 Tuck Planche (Floor) 4 sets 15 sec		3 Tuck Planche (P.Bars) 4 sets 15 sec		
2 Adv. Tuck FL Hold 4 sets 15 sec		4 Adv. Tuck FL Negatives 4 sets 15 sec		5 Adv. Tuck FL Raises 4 sets 15 sec		
3 BTW HSPU 3 sets 5 reps		6 Ring Dips 3 sets 15 reps		7 BTW HSPU 3 sets 5 reps		
4 Weighted Pull-Ups 3 sets 10 reps		8 Deadlifts 3 sets 8 reps		9 L-Sit Pull-Ups 3 sets 10 reps		
5 Weighted Dips 3 sets 15 reps		10 Ring Rows (Pronated) 2 sets 12 reps		11 Shrimp Squats 3 sets 10 reps		
6 Pistol Squats 3 sets 10 reps		12 Deep Weighted Push-Ups 2 sets 12 reps		13 Elbow Plank 2 sets 30 sec		

SCHEDULE

D1 - Upper Body + Skills A

D2 - Rest

D3 - Upper Body + Skills B

D4 - Rest

D5 - Upper Body + Skills C

D6 - Rest

D7 - Rest

GOALS (Primary)

Planche

Front Lever

GOALS (Secondary)

Basic Strength

BASIC EXERCISES

6

SKILL EXERCISES

12

33%

67%

METHOD #1

HYBRID WORKOUTS

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1 Planche Lean 4 sets 15 sec	REST	Adv. Tuck PL (Band Assisted) 3 sets 15 sec	REST	Tuck Planche (P.Bars) 4 sets 15 sec	REST	
2 Adv. Tuck FL Hold 4 sets 15 sec		Full FL Hold (Band Assisted) 3 sets 10 reps		Adv. Tuck FL Raises 4 sets 15 sec		REST
3 Tuck PL Push-Ups 3 sets 6 reps		Tuck Planche (Floor) 4 sets 15 sec		Dynamic PL Lean 3 sets 5 reps		REST
4 Adv. Tuck FL Pull-Ups 3 sets 6 reps		Adv. Tuck FL Negatives 4 sets 15 sec		Straight Arm Dragon Flags 3 sets 10 reps		REST
5 BTW HSPU 3 sets 5 reps		Ring Rows (Pronated) 2 sets 12 reps		BTW HSPU 3 sets 5 reps		
6 Weighted Pull-Ups 3 sets 10 reps		Deep Weighted Push-Ups 2 sets 12 reps		L-Sit Pull-Ups 3 sets 10 reps		

SCHEDULE

- D1 - Upper Body + Skills A
- D2 - Lower Body + Handstand
- D3 - Upper Body + Skills B
- D4 - Handstand
- D5 - Upper Body + Skills C
- D6 - Lower Body + Handstand
- D7 - Rest

GOALS (Primary)

- Planche
- Front Lever

GOALS (Secondary)

- Basic Strength
- Handstand

BASIC EXERCISE

6

SKILL EXERCISE

12

33%

67%

METHOD #1

HYBRID WORKOUTS

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1 Planche Lean 4 sets 15 sec	LOWER BODY + HANDBSTAND	Adv. Tuck PL (Band Assisted) 3 sets 15 secs	HANDBSTAND	Tuck Planche (P.Bars) 4 sets 15 sec	LOWER BODY + HANDBSTAND	
2 Adv. Tuck FL Hold 4 sets 15 sec		Full FL Hold (Band Assisted) 3 sets 10 reps		Adv. Tuck FL Raises 4 sets 15 sec		R
3 Tuck PL Push-Ups 3 sets 6 reps		Tuck Planche (Floor) 4 sets 15 sec		Dynamic PL Lean 3 sets 5 reps		E
4 Adv. Tuck FL Pull-Ups 3 sets 6 reps		Adv. Tuck FL Negatives 4 sets 15 sec		Straight Arm Dragon Flags 3 sets 10 reps		S
5 BTW HSPU 3 sets 5 reps		Ring Rows (Pronated) 2 sets 12 reps		BTW HSPU 3 sets 5 reps		T
6 Weighted Pull-Ups 3 sets 10 reps		Deep Weighted Push-Ups 2 sets 12 reps		L-Sit Pull-Ups 3 sets 10 reps		

METHOD 2 | *Weekly Split*

Intermediate athletes aiming to specialize in specific skills can benefit from a weekly split. This method involves dedicating specific days to skill work and others to fundamental compound exercises. For example, you could train the planche and front lever twice a week, reserving another day for basics. This maintains a 70/30 split of 12 exercises for skills and 6 for basics. Adjustments can be made to create a 60/40 split, allowing for a smoother transition. This balanced approach maintains strength while honing new skills. Start with a 70% basics and 30% skills split and adjust as you progress.

SCHEDULE

D1 - Skills A

D2 - Rest

D3 - Basics A

D4 - Rest

D5 - Skills B

D6 - Rest

D7 - Rest

GOALS (Primary)

Planche

Front Lever

GOALS (Secondary)

Basic Strength

BASIC EXERCISE

6

SKILL EXERCISE

12

33%

67%

METHOD #2

WEEKLY SPLIT

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1 Tuck PL Push-Ups 3 sets 6 reps	REST	BTW HSPU 3 sets 5 reps	REST	Tuck PL Raises 4 sets 3 reps	REST	REST
2 Adv. Tuck FL Pull-Ups 3 sets 6 reps	REST	Weighted Pull-Ups 3 sets 10 reps	REST	Straddle FL Negatives 4 sets 3 reps	REST	REST
3 Adv. Tuck PL Hold (Band Assisted) 3 sets 10 sec	REST	Weighted Dips 3 sets 15 reps	REST	Dynamic PL Lean 3 sets 5 reps	REST	REST
4 Adv. Tuck FL Hold 4 sets 15 sec	REST	L-Sit Pull-Ups 3 sets 10 reps	REST	Adv. Tuck FL Raises 3 sets 10 reps	REST	REST
5 Full FL Hold (Band Assisted) 3 sets 10 sec	REST	Ring Rows (Pronated) 2 sets 12 reps	REST	Tuck PL Hold (Floor) 3 sets 15 sec	REST	REST
6 Planche Lean 4 sets 15 sec	REST	Deep Weighted Push-Ups 2 sets 12 reps	REST	Straight Arms Dragon Flags 3 sets 10 reps	REST	REST

SCHEDULE

D1 - Hybrid A

D2 - Rest

D3 - Basics A

D4 - Rest

D5 - Hybrid B

D6 - Rest

D7 - Rest

GOALS (Primary)

Planche

Front Lever

GOALS (Secondary)

Basic Strength

BASIC EXERCISE

10

SKILL EXERCISE

8

55%

44%

METHOD #2

WEEKLY SPLIT

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1 Tuck PL Push-Ups 3 sets 6 reps		BTW HSPU 3 sets 5 reps		Tuck PL Rises 4 sets 3 reps		
2 Adv. Tuck FL Pull-Ups 3 sets 6 reps		Weighted Pull-Ups 3 sets 10 reps		Straddle FL Negatives 4 sets 3 reps		
3 Adv. Tuck PL Hold (Band Assisted) 3 sets 10 sec		Weighted Dips 3 sets 15 reps		Dynamic PL Lean 3 sets 5 reps		
4 Adv. Tuck FL Hold 4 sets 15 sec		L-Sit Pull-Ups 3 sets 10 reps		Adv. Tuck FL Raises 3 sets 10 reps		
5 Pull-Ups Neutral 3 sets 10 secs		Ring Rows (Pronated) 2 sets 12 reps		Elevated Pike Push-Ups 3 sets 15 secs		
6 Bar Dips 4 sets 15 secs		Deep Weighted Push-Ups 2 sets 12 reps		Chin-ups 3 sets 10 reps		
	REST		REST	REST	REST	REST

METHOD 3 | *Periodization*

Advanced practitioners with a solid foundation can opt for periodization. This involves dedicating entire training blocks, ranging from 4 to 12 weeks, to either hypertrophy/strength or skill development. For instance, focus on muscle-building exercises for the planche (front delt, chest, triceps) and front lever (lats, rear deltoids, traps) for a phase. Then, transition to 100% skill-focused training, utilizing skill progressions for pure skill development (planche lean, front lever raises, one arm chin up negatives, etc). This method allows for intense specialization and is recommended for those well-versed in calisthenics.

Hypertrophy / Strength Training Block

W1

M	T	W	T	F	S	S
STRENGTH	HYPERTROPHY	REST	STRENGTH	HYPERTROPHY	REST	REST

W2

M	T	W	T	F	S	S
STRENGTH	HYPERTROPHY	REST	STRENGTH	HYPERTROPHY	REST	REST

W3

M	T	W	T	F	S	S
STRENGTH	HYPERTROPHY	REST	STRENGTH	HYPERTROPHY	REST	REST

W4

M	T	W	T	F	S	S
STRENGTH	HYPERTROPHY	REST	STRENGTH	HYPERTROPHY	REST	REST



Skills Focus Training Block

W1

M	T	W	T	F	S	S
SKILLS	SKILLS	REST	SKILLS	SKILLS	REST	REST

W2

M	T	W	T	F	S	S
SKILLS	SKILLS	REST	SKILLS	SKILLS	REST	REST

W3

M	T	W	T	F	S	S
SKILLS	SKILLS	REST	SKILLS	SKILLS	REST	REST

W4

M	T	W	T	F	S	S
SKILLS	SKILLS	REST	SKILLS	SKILLS	REST	REST

W5

M	T	W	T	F	S	S
SKILLS	SKILLS	REST	SKILLS	SKILLS	REST	REST

W6

M	T	W	T	F	S	S
SKILLS	SKILLS	REST	SKILLS	SKILLS	REST	REST

W7

M	T	W	T	F	S	S
SKILLS	SKILLS	REST	SKILLS	SKILLS	REST	REST

W8

M	T	W	T	F	S	S
SKILLS	SKILLS	REST	SKILLS	SKILLS	REST	REST



SCHEDULE

D1 - Pull A

D2 - Push A

D3 - Rest

D4 - Pull B

D5 - Push B

D6 - Rest

D7 - Rest

GOALS

(Primary)

Hypertrophy specific for
Planche & Front Lever

GOALS

(Secondary)

Scapula Stability

Handstand

BASIC EXERCISE

20

SKILL EXERCISE

0

100%

METHOD #3

PERIODIZATION

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1 Weighted Pull-Ups 3 sets 10 reps	BTW HSPU 3 sets 5 reps		Weighted Chin-Ups 3 sets 6 reps	Military Press 3 sets 10 reps		
2 L-Sit Pull-Ups 3 sets 10 reps	Weighted Dips 3 sets 15 reps		Archer Pull-Ups 3 sets 8 reps	Full ROM Dips 3 sets 12 reps		
3 Chin-Ups 3 sets 15 reps	Straight Bar Dips 3 sets 15 reps		Pull-Ups (Neutral Grip) 3 sets 15 reps	Weighted Push-Ups 3 sets 15 reps		
4 Ring Rows (Pronated) 3 sets 15 secs	Ring Push-Ups (RTO) 3 sets 10 reps		Inverted Rows (On Bar) 3 sets 12 reps	Scapula Push-Ups 3 sets 10 reps		
5 Bicep Curls 2 sets 10 reps	Tricep Extension 2 sets 12 reps		Zanetti Pres 1 set 10 reps	Regular Push-Ups 1 set Max		

R
E
S
T

R
E
S
T

R
E
S
T

SCHEDULE

D1 - Pull A

D2 - Push A

D3 - Rest

D4 - Pull B

D5 - Push 1

D6 - Pest

D3 - Rest

GOALS

(Primary)

Planche

Front Lever

GOALS *(Secondary)*

BASIC EXERCISE

0

SKILL EXERCISE

18

100%

METHOD #3

PERIODIZATION

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1 Straddle FL Hold 4 sets 6 sec	2 L-Sit to Tuck PL 3 sets 5 reps		3 L-Sit to Adv. Tuck FL 3 sets 5 reps	4 Tuck PL Push-Ups 3 sets 6 reps		
2 Straddle Half Lay FL Negatives 3 sets 2 reps	3 Adv. Tuck PL Hold 4 sets 6 sec		4 Adv. Tuck FL Pull-Ups 3 sets 6 reps	5 Tuck PL Hold (Floor) 3 sets 12 sec		
3 Adv. Tuck + Tuck FL Hold 4 sets 5+ 10 sec	4 Pseudo PL Lean Push-Ups 3 sets 6 reps		6 Adv. Tuck FL Hold 4 sets 15 sec	7 Planche Leans 3 sets 15 sec		
4 Ring Tuck FL Pull-Ups 3 sets 6 reps	5 Tuck PL Hold (P. Bars) 3 sets 12 sec		8 Tuck FL Raises 3 sets 6 reps	9 Scapula Push-Ups 3 sets 10 reps		
	6 Dynamic PL Leans 3 sets 5 reps		10 Tuck FL Scapula Rows 3 sets 10 reps			

OUTRO

These methods offer a structured approach to advancing in calisthenics, ensuring a balance between building a solid foundation and achieving impressive skills. Whether aiming for handstands, muscle-ups, or planches, tailoring your routine to include a mix of basics and skills is key to progress and injury prevention. As you embark on your calisthenics journey, remember to listen to your body, adjust as needed, and enjoy the process of mastering these incredible feats of strength and control.

Remember, the combinations are endless, and these examples are just a guideline of what is possible. We all have different goals, needs, and lifestyles and it's important to learn how to adjust your training based on them.

You can learn more and train with us step by step through our app, Saturno Movement.

Thank you for reading!

With Love,
The SM Team



Tap the app
to see what's
inside

