

V3

BASIC COURSE

New stretching block!

**Calisthenics for
beginners and
intermediate**



VRTEM MOROZOV

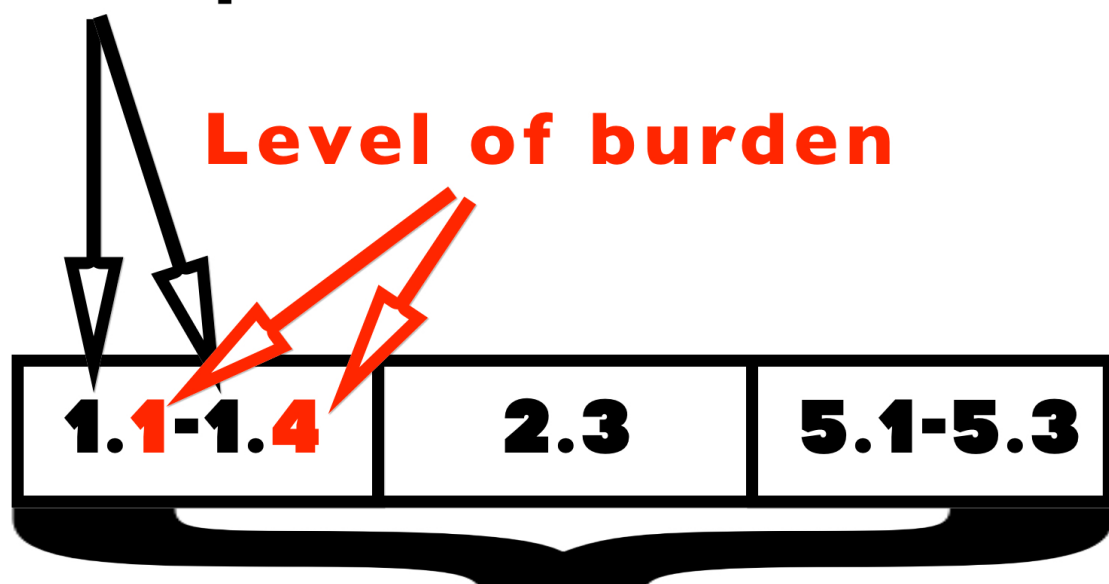
Introduction

I want to start this course with explanation why I decided to write it and where you can use it in term of calisthenics. I've seen a lot of basic courses, but everywhere I've seen a bunch of determined exercises. In my course I'll explain you how to make up a basic training program for common skills, regular strength and muscle groups. It's like a video puzzle and this booklet, which will help you to collect it based on goal.

There are 3 blocks of videos. First one is pulling strength, second one is pushing strength and the last one is core strength. All the exercises have 4 levels, so you can get the needed based on your feelings. When you master it, go to the next level.

Now let's discuss how to read spreadsheets. As I said, you have 3 blocks with 7 different groups of exercises and each one has 4 levels.

Group number



Training of 3 exercises

So, the first number in a cell means the number of group, the second (after a dot) means the level of burden. A line in a spreadsheet means one training. If you see a list (a few) of exercises in one cell, choose an exercise with needed level of burden. On an outlined picture you can see an example of spreadsheet line. Usually, one line outlines one training. Based on it, you can see that in this training there are 3 exercises; in first and third cell you can choose the needed burden.

Matching level is when you're able to do at least 80% of reps in the last set. Sets and reps of each exercise and also the technique of execution are showed in videos.

WEEKLY PLANING

The most common question I've heard from beginners is *'How often should I train to progress?'*. To be honest, it is impossible to answer it professionally. The answer will depend on many factors which a coach should discover while having personal trainings. Nevertheless, I will try to provide a full answer using different variations in different conditions.

If you are a beginner and you want to build muscles with body weight training, you should train like a bodybuilder. It's better to take one muscle group or motion group (pull or push) and work on it twice a week with full intensity. That is how you will get maximum efficiency for muscle building. Use this information in combination with the following programs.

If you are beginner and want to build strength to progress in calisthenics (I mean dynamic and static skills), but you aren't ready for practice and preparing exercises yet, you should use a different approach. Well, first of all determine a short-term goal. Then, keeping this aim in mind, choose exercises which you will do really often (5-7 days a week). Usually, they are a few exercises, maximum 3. That is how you will train neuromuscular system. Better if these exercises include statics. For example, your short-term goal is

one arm pull up, so choose pull-ups with upper position hold and do it daily. Also, don't train to failure in this case. Otherwise, you won't have time for recovery. You should combine this type of training with a full basic training once a week with full intensity like in previous type of training.

Now let's discuss how to combine basics with skills when you already have a good foundation and able to do preparing exercises and practice. I often face with the question '*Should I still do basics when I have started skills training like planche, front lever, handstand, etc.?*' Well, my answer will also depend on. If your final goal is static tricks, focus on it and exclude basics for a while - do only practice and preparing exercises for a determined move. But anyway, with such type of training you have to get back to basics in a few months to support your basic strength and abilities of muscles. In this case use Training of Plain Basics outlined below. Or, if you want to work especially on pulling or pushing, use the matching spreadsheets outlined below.

If you still want to combine training of aesthetics and skills, you have to choose one or maximum two moves (I mean static or strength moves) and do them 3-4 times a week. Don't train to failure to have enough power for basics - you should train it twice a week. So, you will have a pretty full weekly training schedule. Train 6 times a week.

If you want to make your training not that busy, add basic trainings twice a week in the end of skills training. For sure, these days you have to decrease the amount of preparing exercises for skills.

As you see, you can diversify your trainings in different ways, and only your body will be able to advise you which is the best. Play with amount of exercises and even sets in all the exercises. By my own experience skill trainings with two sets and maximum reps (or intensity) in combination with basics in the end of training (two sets and 70% of burden) showed maximum efficiency.

REST. PLATEAU

One more common question is *'How often and how long should I rest?'*. My answer will also be really complex and will depend on a type of training you chose in the previous chapter.

Well, if you chose the first type and want to work on aesthetics only, you should rest 1-2 days between trainings.

If you prepare your body for calisthenics, you will rest less but trainings will not be that full and intensive. As I said, you will have daily exercises. But of course it doesn't mean you shouldn't rest. In this case every 3 weeks you should take 3-4 days of total rest. That is how you relax your nervous system.

Now let's consider how you should rest if you choose to train basics and calisthenics moves simultaneously. If you prefer to separate trainings and train preparing exercises and basics in different days, you will have only 1-2 rest days which is ok in a short term. But things will change when you train like that more than a few months. Then you have to choose rest weeks, when you will do only low intensity work or even total rest.

Plateaus is the most annoying thing in calisthenics. Everyone gets frustrated when it befalls them. Don't be sad and keep in mind that everyone will face that. So, how to deal with plateau? There are many ways how to come out from this. First one is easy: total rest. But even rest should be smart. You even shouldn't think about trainings, because when you imagine something, your brain repeats it automatically, that is how we learn. So, the best way to rest is changing your activity for something totally uncommon for you. In winter I do cross-country skiing, which helps me to switch up a type of burden.

Other method is stretching, it will help you not only to relax your nervous system, but also to recover your muscles faster and heal small injures. I will add basics full body stretching in a next update of basics course.

REGULAR STRENGTH

Let's get started with regular strength. Here you have all the exercises. Before clicking, let's get into a plan of training. As I said, you will have pushing, pulling and core strength. You should train pushing program twice a week, as well as pulling. About core, you can introduce 3-4 exercises in pulling workout and pushing. They could be different all the time or the same which you found the most efficient. Also, you can do core program in a separate day.

When you get it, your next goal is to determine your current level. In every exercise and block it could be different. And it is ok. But pay attention to those blocks and exercises where your level is lower to develop equally.

Let's suppose you choose to build up basic strength. I will create examples of trainings for you here. Also, I will explain why I put some exercises in a training, that will help you to build your own.

Training spreadsheet #1: Plain Basics																
	PUSH						PULL						CORE			
1st day	<u>1.1-1.4</u>	<u>2.1-2.4</u>	<u>3.1-3.4</u>	<u>4.1-4.4</u>	<u>7.1-7.4</u>											
2nd day							<u>1.1-1.4</u>	<u>2.1-2.4</u>	<u>4.1-4.4</u>	<u>5.1-5.4</u>	<u>7.1-7.4</u>		<u>1.1-1.4</u>	<u>2.1-2.4</u>	<u>3.1-3.4</u>	<u>4.1-4.4</u>
3rd day	<u>5.1-5.4</u>	<u>6.1-6.4</u>	<u>2.1-2.4</u>	<u>3.1-3.4</u>	<u>7.1-7.4</u>											
4th day							<u>3.1-3.4</u>	<u>6.1-6.4</u>	<u>4.1-4.4</u>	<u>5.1-5.4</u>	<u>7.1-7.4</u>		<u>5.1-5.2</u>	<u>6.1-6.4</u>	<u>7.1-7.4</u>	<u>5.3-5.4</u>

In this spreadsheet with an example of weekly routine I put core with pull exercises. I made it because for me it makes more sense. While doing

push exercises, you will stress your core anyways (for example, holding a plank). You also can do it with push exercises if you personally find it more efficient.

As I said before, I can't separate programs on levels because I don't know your current level, so I put all 4 levels in one cell. You have to choose the exercise based on your feelings. As you can guess, one line is one training day, so based on this spreadsheet you have to do 4 training days and 3 days of rest. You can also combine training days and working muscles differently, like in the spreadsheet outlined below.

Training spreadsheet #2: Plain Basics																		
	PUSH						PULL						CORE					
1st day	<u>2.1-</u> 2.4	<u>3.1-</u> 3.4	<u>4.1-</u> 4.4	<u>7.1-</u> 7.4		<u>2.1-</u> 2.4	<u>4.1-</u> 4.4	<u>5.1-</u> 5.4	<u>7.1-</u> 7.4									
2nd day	<u>5.1-</u> 5.4	<u>6.1-</u> 6.4	<u>3.1-</u> 3.4	<u>7.1-</u> 7.4		<u>3.1-</u> 3.4	<u>6.1-</u> 6.4	<u>4.1-</u> 4.4	<u>5.1-</u> 5.4									
3rd day												<u>1.1-</u> 1.4	<u>2.1-</u> 2.4	<u>3.1-</u> 3.4	<u>4.1-</u> 4.4	<u>5.1-</u> 5.4	<u>6.1-</u> 6.4	

In this spreadsheet I put together push and pull trainings, so it will be a full training. That is why there are only 2 training days like this. Others are days of rest. In one of these days you can do core training which is also quite full: 6 core exercises. As you can see, I decreased the amount of exercises in pull and push strength. So you have 8 exercises in total (4 - pull and 4 - push). I advise this type of training to beginners, because you will have more rest days and more complex approach of training. You can also put core exercises in push-pull training days to get one extra day of rest. This training is outlined below.

Training spreadsheet #3: Plain Basics													
	PUSH					PULL					CORE		

Training spreadsheet #3: Plain Basics

1st day	<u>2.1-2.4</u>	<u>3.1-3.4</u>	<u>4.1-4.4</u>	<u>7.1-7.4</u>		<u>2.1-2.4</u>	<u>4.1-4.4</u>	<u>5.1-5.4</u>	<u>7.1-7.4</u>		<u>1.1-1.4</u>	<u>2.1-2.4</u>	<u>3.1-3.4</u>
2nd day	<u>5.1-5.4</u>	<u>6.1-6.4</u>	<u>3.1-3.4</u>	<u>8.1-8.4</u>		<u>3.1-3.4</u>	<u>6.1-6.4</u>	<u>4.1-4.4</u>	<u>5.1-5.4</u>		<u>4.1-4.4</u>	<u>5.1-5.4</u>	<u>6.1-6.4</u>

If you want to focus on pulling strength, you can use the following spreadsheet. Where pulling exercises are mostly included, you also see some pushing exercises which will be necessary for decreasing imbalance possibility and getting joints stability.

Training spreadsheet : Pull Strength

	PULL					PUSH	
1st day	<u>2.1-2.4</u>	<u>3.1-3.4</u>	<u>4.1-4.4</u>	<u>7.1-7.4</u>		<u>1.4</u>	<u>4.3-4.4</u>
2nd day	<u>3.1-3.4</u>	<u>5.1-5.4</u>	<u>6.1-6.4</u>	<u>7.1-7.4</u>		<u>8.3-8.4</u>	<u>4.3-4.4</u>

If you want to focus on pushing strength, you can use the following spreadsheet, where pushing exercises included mostly. You will also see some pulling exercises there which will be necessary for imbalance decreasing.

Training spreadsheet : Push Strength

	PUSH					PULL	
1st day	<u>2.1-2.4</u>	<u>5.1-5.4</u>	<u>4.1-4.4</u>	<u>7.1-7.4</u>		<u>1.4</u>	<u>4.1-4.4</u>
2nd day	<u>3.1-3.4</u>	<u>5.1-5.4</u>	<u>6.1-6.4</u>	<u>8.1-8.4</u>		<u>6.3-6.4</u>	<u>5.3-5.4</u>

You can see that in both spreadsheets I made only 2 training days, but each day is really full. That will make the training plan optimal with needed

amount of reps for super-compensation. These trainings will suit those who aim to build muscles with body weight trainings. Also I advise these trainings for all beginners independent on their goals. If you want to train pushing and pulling skills, routines will be different. If your goals, for example, are skills and reps, you should do trainings more often and decrease the amount of sets and exercises in one training.

STRENGTHENING OF DETERMINED MUSCLES

Now let's talk about muscles building. Here we have to collect programs for different muscle groups from different exercises and even blocks. In spreadsheets you will see programs. You can find all the exercises in the link. Also you can tap on number of exercise and get the video of needed exercise of folder. If you see a row of exercise in one cell, it means that all the exercises work out for the same muscle group and you can choose one or a few with the level of load which is for you.

Training spreadsheet for CORE

ABS1	1.1-1.4	2.1-2.4	3.1-3.4
SIDE ABS	4.3	6.1-6.4	7.1-7.4
ABS2	4.1-4.4	5.1-5.4	

Training spreadsheet for PUSHING STRENGTH

SHOULDERS	2.2-2.4	5.1-5.4	8.1-8.4
TRICEPS	4.1-4.4	7.1-7.4	1.1-1.4
CHEST	3.1-3.4	6.1-6.4	8.1-8.3

Training spreadsheet for PULLING STRENGTH

LATS+TERES MAJOR	<u>4.1-4.4</u>	<u>3.1-3.4</u>	<u>6.1-6.4</u>	<u>4.1-4.4</u>
BICEPS+FOREARMS	<u>2.1-2.4</u>	<u>7.1-7.4</u>		
TRAPEZIUS+REAR BEAM OF SHOULDERS	<u>1.1-1.4</u>	<u>5.1-5.4</u>		

Of course, when we talk about bodyweight workout, we can't fully isolate the muscle. So, determine the needed exercise where you feel it mostly. Exercises can be from different levels and different groups.

BASIC PREPARING FOR CALISTHENICS MOVES

The last block will be about getting power for calisthenics moves. Of course, it is just a basic preparation to make your muscles more prepared for such moves as planche, front lever, one arm pull up, back lever, handstand.

Let's start with planche:

Training spreadsheet for PLANCHE

PUSHING STRENGTH	<u>1.4</u>	<u>2.4</u>	<u>2.3</u>	<u>5.4</u>
PULLING STRENGTH	<u>3.4</u>	<u>4.3</u>	<u>6.4</u>	<u>7.4</u>
CORE STRENGTH	<u>4.4</u>	<u>5.4</u>		

Exercises from the first line you can modify by getting more leaning forward.

I used the most efficient exercises in the spreadsheet, but if you feel that some of them are too hard for you, you can make a step back in progression. For example, you have problems with exercise 2.4, so do 2.3 instead.

Training spreadsheet for HANDSTAND

PUSHING STRENGTH	<u>1.4</u>	<u>2.4</u>	<u>3.4</u>
PULLING STRENGTH			
CORE STRENGTH	<u>5.4</u>	<u>4.3</u>	<u>6.4</u>

As you can see, in this spreadsheet there isn't any pulling exercise, because handstand doesn't really require pulling strength. So, you can miss it.

If you want to make exercises harder or easier, you can easily do it following the same rule I mentioned before.

Training spreadsheet for FRONT LEVER

PUSHING STRENGTH	<u>7.3</u>		
PULLING STRENGTH	<u>3.4</u>	<u>6.4</u>	<u>4.4</u> <u>5.4</u>
CORE STRENGTH	<u>4.4</u>	<u>5.4</u>	<u>3.4</u> <u>1.4</u>

Front lever requires pulling and core strength mostly, but I also added one exercise from pushing block. I mentioned french push ups because they're really nice for teres major, lats and also for core muscles.

If you want to make exercises harder or easier, you can easily do it following the same rule I mentioned before.

Training spreadsheet for ONE ARM PULL UP

PUSHING STRENGTH			
PULLING STRENGTH	<u>4.4</u>	<u>7.2</u>	<u>7.3</u> <u>7.4</u>

Training spreadsheet for ONE ARM PULL UP

CORE STRENGTH		
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One arm pull up isn't a complex move. So, you can prepare for it just with pulling strength training. Block of exercises number 7 is created especially for asymmetric movements, that is why you can see a lot of exercises from this block. Also I added the most common exercises - wide pull ups. It will strengthen your lats and teres major which are so important for OAPU.

Training spreadsheet for BACK LEVER

PUSHING STRENGTH	<u>3.4</u>	<u>5.3</u>	
PULLING STRENGTH	<u>4.4</u>	<u>6.4</u>	<u>1.4</u>
CORE STRENGTH	<u>4.3</u>	<u>5.4</u>	<u>1.4</u>

For back lever you should prepare your upper back and core as well. That is why you see the outlined exercises.

Conclusion

That's all what I wanted to say about basic training and this course. I hope that you understand that basic means a lot, and if you really want to achieve much in calisthenics and progress fast, don't forget about training basics. Also, it's just good for being in shape.

This booklet itself isn't a tutorial - but the exercises are. I strongly advice you to do all the exercises even if you're concentrated on one move. Use complex approach to make your training the most efficient. So, whatever you choose, start with the first chapter and train all you see.

BASIC STRETCHING

BASIC STRETCHING OF UPPER BODY

INTRODUCTION

The fourth part of the Basic Course is dedicated to stretching.

Stretching in the information field of the fitness sphere is both underestimated and overrated. Many coaches attribute to stretching many healing and vital properties that compromise its real benefits because of their falsity

In my course, the main purpose of stretching is to ensure healthy joint mobility, decrease compensatory work of muscles and ensure work, excluding imbalance.

I chose the basic exercises that will help to uncover the tough motor units specific to the workout athletes.

PROGRAMMING A TRAINING PROCESS

In addition to the exercises themselves, the main issue remains the building of training process including stretching to it. There are several ways to implement stretching. All of them depend on your goals and needs. In this course, I will highlight 3 main options for working on the mobility of motor units: extended and compressed.

The first option will be aimed at those who are tough and have lack of flexibility. Here we will perform a full stretching cycle with simpler exercises. It will be a great focused work.

The second option is provided for those who want to increase the efficiency of power work. In this option, we will do stretching based on the chosen basic course program.

In the third option, we will consider stretching options when creating a base for calisthenics moves. We will call this “specific stretching”.

It is not a secret that stretching is fundamental for many moves, and also helps to muscles work properly during training static elements. In order that my words do not seem common phrases to you, I will give an example. Of course, you know that shoulder mobility is required when learning a handstand, otherwise you just won't get upright. However, few people know that stretching the trapezius and rhomboid muscles is required for planche: if they are tough, then you will not be able to work on proper hollow body position. Below you'll see a few examples to work on stretching.

1 OPTION

BASIC STRETCHING (Extended)

Training is done 1-2 times a week, separately from strength work. After stretching workouts, rest is also required, so I advise you to do a workout in the morning so as not to lose a day to recover and be ready for strength work the next day.

All stretching exercises can be done both in static and dynamic, which is why I wrote not only the time of holding, but also the repetition. Dynamic stretching is about maximally stretching the muscles with «bouncing» movements. Bouncing movements are slow and controlled. In exercises where a dynamic stretching option is not possible, you'll see a dash in the line "Number of times".

BASIC STRETCHING (EXTENDED)											
Exercise Number	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>
Sets	2	2	1	3	1	3	2	1	3	2	2
Reps	-	-	15	15	15	-	15	-	15	15	15
Holding (sec)	30-60	30-60	30-60	30-60	30-60	30-60	30-60	30-60	30-60	30-60	30-60

BASIC STRETCH (Short)

Training is done 2-3 times a week, with the possibility of combining with strength work. Stretching is done **before** power work in a **dynamic** type or **after** in a **static** one.

All stretching exercises can be done both in static and dynamic, which is why I wrote not only the time of holding, but also the repetition. Dynamic stretching is about maximally stretching the muscles with «springing» movements. Springing movements are slow and controlled. In exercises where a dynamic stretching option is not possible, you'll see a dash in the line "Number of times".

BASIC STRETCHING (SHORT)						
Exercise Number	2	3	4	6	7	9
Sets	2	2	2	3	2	2
Reps	-	15	15	-	15	15
Holding (sec)	30-60	30-60	30-60	30-60	30-60	30-60

SPECIFIC STRETCHING

Stretching of this type is performed after the main training on the tricks. I have made up stretching spreadsheets for the main calisthenics tricks. Types of stretching are better to be combined, that is to perform both static and dynamic work.

The first spreadsheet of the special stretching (SPECIAL STRETCHING (1)) presents stretching when training **planche and back lever**.

The second spreadsheet (SPECIAL STRETCHING (2)) shows a stretching for **handstand**. In addition to the standard stretching of shoulders, the mentioned exercises will help.

The third spreadsheet will show stretching exercises for **front lever** (SPECIAL STRETCHING (3)).

All exercises are selected from the principle of working muscles, that is the main muscles working in a trick are stretched **after** training. In this case, it is better to combine static stretching with dynamic stretching, because only static stretching can worsen the condition of tough muscles and prolong the recovery time, which must be avoided when working on tricks.

SPECIAL STRETCHING (1)						
Exercise Number	<u>1</u>	<u>2</u>	<u>7</u>	<u>10</u>	<u>11</u>	<u>8</u>
Sets	2	2	2	2	3	2
Reps	-	-	15	15	15	-
Holding (sec)	30-60	30-60	30-60	30-60	30-60	30-60

SPECIAL STRETCHING (2)					
Exercise Number	<u>2</u>	<u>10</u>	<u>11</u>	<u>6</u>	<u>3</u>
Sets	2	2	3	3	2
Reps	-	15	15	-	15
Holding (sec)	30-60	30-60	30-60	30-60	30-60

SPECIAL STRETCHING (3)						
Exercise Number	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>7</u>
Sets	2	2	2	2	1	2
Reps	-	-	15	15	15	15
Holding (sec)	30-60	30-60	30-60	30-60	30-60	30-60

CONCLUSION

This update is important for me, I would call it fundamental - a whole, independent fourth section has been added. Work on the update took an unexpectedly long time. I was constantly changing the spreadsheets, tried to make them as full and effective as possible, which is typical for the Calisthenics School.

That is all I wanted to say about stretching. I hope this process will make you interested in stretching and you'll like it.

Write your reviews to Instagram account @calisthenicsschool or to info@calisthenics.school . Your opinion is important to me :)