

# CALISTHENICS

WORKOUT ROUTINES  
FULL BODY GUIDE



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**CALISTHENICS**  
**WORKOUT ROUTINES**  
*Full Body*  
*Transformation Guide*

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## INTRODUCTION

I want to thank you and congratulate you for downloading the book, “Calisthenics: Workout Routines - Full Body Transformation Guide.”

Having a well-formed body with the right amount of body fat takes a lot of hard work and commitment; this is something none can dispute. What we can dispute, however, is the fact that to get that nice toned body you need to spend thousands of hours in the gym ‘hitting’ weights as if your life depended on it.

We live in a world where to make ends meet, the conventional person has to work a 9-5 job—sometimes even multiple jobs—not to mention the many hours we spend in transit or stuck in traffic jams—the average person loses 42 hours a year to traffic jams. As such, making time for the gym may not be feasible. Does this mean that just because you cannot make your way to the gym, you should let the fat accumulate and the muscles waste away? Definitely NO!

While strength training is an ideal way to sculpt your body and you should schedule some consistent gym time into your schedule, if you cannot make it to the gym, there are exercises you can practice to enjoy the benefits of strength training without having to go to the gym. Calisthenics is one such type of exercise.

But what are calisthenics and how can you get started on the practice? That is the purpose of this guide: to show you how to use calisthenics to sculpt a beach-worthy body that you are proud of.

Thanks again for downloading this book. I hope you enjoy it!

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## **CALISTHENICS 101**

### **FOR BEGINNERS**

Albeit relatively new—in terms of gaining popularity—calisthenics are not new. In fact, the word originates from the Greek words kalos (κάλλος) and sthenos (σθένος). Kalos translates into beauty and emphasizes the aesthetic pleasure that leads to the perfects of human body while sthenos means strength and emphasizes mental and physical strength, courage, and determination. Calisthenics draw their name from the Greek Historian Callisthenes, one of its earliest proponents. So what exactly is Calisthenics?

Calisthenics is the aspect of using your body weight to exercise your body and thus develop a beautiful physique that is very telling of physical and mental strength and courage.

Calisthenics are a form of exercise that use a variety of gross motor movements such as pushing, running, standing, grasping, and other such movement performed without the aid of gym equipment such as dumbbells and other such apparatus and often done rhythmically.

In essence, Calisthenics are a form of body-weight training exercise that through gross motor functions, aim to improve your cardiovascular endurance, work out, and sculpt your muscles via the aforementioned natural motions such as pushing, jumping, and pulling.

When you use your body for resistance as you pull, push, bend, jump, or swing, you end up improving body fitness and strength and because you are performing the exercises vigorously, you end up improving your muscular and aerobic conditioning, as well as psychomotor skills such as balance, coordination, and agility.

Continuing with this discussion, let us discuss how beneficial these types of exercises are especially considering that our normal mentality of building muscles and a sculptured body is that it should involve gym equipment.

### **THE BENEFITS OF CALISTHENICS EXERCISES**

If you read weight loss blogs and publications, you will have noticed that



calisthenics has become wildly popular. While this form of exercising has been around for a very long time—we are talking about as far back as the stone age days when early man would pull and push game and other such heavy stuff and even use his body to pull himself up trees while looking for fruits—you may be wondering “what’s all the fuss? Is the exercise as beneficial as the various Medias make it out to be?” The answer is yes, calisthenics are wildly beneficial. In this subsection, we shall examine just how beneficial this form of exercising is:

## **1: The No Need for Equipment**

In truth, even though calisthenics is the use of body weight to train the body through various gross motor skills, some calisthenics based exercise routines will demand the use of equipment such as a pull up bar or dumbbells. Even so, if you can find something to do pull ups on, that is all you need. To illustrate this, think of a strong door frame where you can grab on (if there is enough space) or use to pin a pull up bar you can buy on sites such as Amazon for less than \$50 (check image below)



When you consider the cost of a gym membership (often \$40-\$50 per month), and then compare it to the cost of a pull up bar, which coincidentally, is about all you need to engage in calisthenics exercises, the latter is a cost saving venture.

Further, because you can use the pull up bar at home, you eliminate the need to will yourself to go to the gym after a long day at work, which if we are being honest, is one of the major reasons why many fail to exercise. This ends up saving you time and money. Moreover, in instances where you cannot afford the \$20 or so it takes to buy a pull up bar you can use at home, you can head to community playgrounds and use the monkey bar (check

image below).



This adds an element of excitement to exercising, which removes the monotony of weight training in a gym and thus makes you less likely to get bored and quit exercising.

## **2: The Full Body Training Aspect**

In addition to targeting specific muscle groups, a major portion of calisthenics exercises work out the body as a whole. The pull up is the most basic calisthenics exercise. As you perform pull-ups, you work out your arms, all your back muscles (especially the lower back), abs, and shoulders, muscles that work together to keep your gross motor movement balanced and your body strong (especially the upper body). Further, because muscles in these areas are some of the biggest, performing exercises that work such muscles at the same time leads to increased energy consumption, which means that at the end of the day, you are bound to lose weight. Talking of which,

## **3: Leads to Weight Loss**

When you work out various muscles at the same time, your body uses more energy (calories), which means that at the end of the day, if you watch what you eat—eat healthy foods and create a calorie deficit of about 500 calories every day—at the end of the week, you are bound to lose 2 pounds or more.

Most calisthenics exercises are compound exercises. Compound exercises are exercises that require various muscle groups to work in unison to enhance specific gross motor movements. For instance, when you think of pull-ups, you can see that you use your upper body, lower body, and arms to cycle through the motion. This, as you can guess, ends up ensuring that your body generates more energy as fuel for these muscles.

In addition to this, as you perform calisthenics exercises, your heart and lungs



have to work harder to draw in more oxygen into your body. This leads to improved cardiovascular health and because as your breathing improves, so does your ability to handle stress.

If you are packing on some extra fat, and you have tried everything you can—cardio, dieting, or weight training—to get rid of the extra fat, calisthenics will prove wildly effective because other than the advantages listed above, full body exercises, especially when done regularly, speed up your metabolism. This makes Calisthenics the easiest way to burn extra fat.

#### **4: Reduced Risk of Injury**

When you stack the nature of a gym workout such as weighted squats against a calisthenics-adjacent exercise such as chaining a tire to your waist and pulling it, which of the two resembles a natural motion such as pulling game? Obviously, the latter is more natural. That is the beauty of calisthenics: the exercises mimic natural movements. This is very beneficial.

For starters, if you have ever been to the gym for more than just a visit, you know that one of the many things those who favor weight training complain about is joint pains or problems. This is because some weight training exercises use joints in a very unnatural way.

When you engage in calisthenics exercises, the movements and the exercises are very natural. This translates into a reduced level of injury since muscles work together well since the movements are natural.

Further, when you consider that most weighted exercises target one specific muscle, there are chances that by engaging in weighted gym exercises, you are likely to over train specific muscles, which may lead to muscle tears. Calisthenics, because they rarely concentrate on one specific muscle, help you avoid this. This improves your overall fitness and because you are working out various muscles at the same time, leads to a super sculptured body.

#### **5: It's Not Monotonous**

While this book has nothing against weighted exercises, if we are being brutally honest, while they are exciting as you get started, overall, once the initial momentum dies down, hitting the gym becomes a chore and working out becomes boring especially when you have to do the same thing

repeatedly.

On the other hand, calisthenics have an element of creativity because with such exercises, you have a wide array to choose from—you can pair various exercises as you want, or even increase resistances whenever you want. While weighted exercises also have this element, calisthenics offer unlimited options, which removes boredom from the picture.

## **6: Builds Lean Muscle Mass and Strength**

If you are looking to grow muscles, you are better off hitting the gym and engaging in weighted exercises. However, while there is an element of truth to the fact that calisthenics will not lead to a muscular body, if you are looking for a fit and strong body that boasts of well-sculptured muscles without having to use weight training, calisthenics are your best bet.

Think of growing the chest muscles. The current notion is that to build lean chest muscles, you need to push tons of weight on the bench press. While this is true, the push up is still an old but great exercise that will see you develop lean massive chest muscles especially if you harden the pushups by doing something such as one arm pushups, or have your girlfriend sit on your back.

Now that we have looked at the various ways calisthenics is beneficial to you and why you should embark on it even if you are hitting the gym, you must be very excited to get started. The next section will delve into calisthenics exercises.

## **CALISTHENICS TRAINING: THE GETTING STARTED GUIDE**

**NOTE:** Using gross motor skills to work out your body is not easy. For instance, if you are immensely overweight, doing one pull up—leave alone several in successions—is not going to be easy. Because of this, there is need to, if you are extremely overweight, adopt a diet that fosters weight loss. For this purpose, as you engage in the exercises we shall discuss in the remaining parts of this book, consider eating clean by adopting a diet such as the FitMole Diet or the Paleo diet. These diets will ensure that as you implement the exercise routines we shall discuss later, you see immense weight loss results.

Now that we have the dietary part out of the way, let us discuss something else of equal importance. If you are new to calisthenics, you may be asking yourself questions such as:

- “Which exercises should make up my daily exercise routine?”
- “How about the frequency of exercise, how frequently should I schedule my training?”
- “How many repetitions should I do for each exercise?”
- “What about rest time between reps, how long should it be?”

Naturally, a lack of answers to these questions can leave your training program in limbo, which shall demotivate you. In this section of this guide, you will get the information you need to get started on calisthenics training without feeling overwhelmed.

### **GETTING STARTED**

The first thing you have to consider is your level of fitness.

Most calisthenics training programs fall into three categories: beginner, intermediate, advanced. Par these levels against your level of fitness and then decide where you should start. If you are not very fit, start at the very beginning: the beginner level. If you are relatively fit, you can start at the

intermediate level, and if fit, start at the advanced levels. The good thing about calisthenics is that even if you start out at the most basic level, as your skills develop and you become stronger, you can move to intermediate and then advanced.

Before you can get there however, you need to get started, which is what this section will help you do. Everything we will discuss here will gear towards the complete beginner:

## **Step 1: Assess Your Starting Point and Define Your Goals**

Do not be like most beginners who as they get started, never take the time to assess their starting point. If you do this, you will be doing yourself a disservice because if you do not know your starting point, defining your goals or choosing which exercises and exercise routines to implement will be a tad difficult.

As an example, adopting a calisthenics exercise routine that asks you to do a push up or chin up when you cannot do either, means you will not derive the benefits of the said exercise routine. Talking of which, you also need to master basic body weight exercise before you can start implementing the routines we shall discuss in later parts of the book.

In the same line of thought, your training goals shall determine the types of workout you integrate into your routine especially because not all exercises are equal. What does this mean and what should you do? Consider the following:

### ***For Weight Loss***

If your intention is to lose weight, whichever calisthenics exercise routine you chose to follow, make sure your rest time between sets is minimal. The idea here is to elevate your heart rate so you can burn more calories and as a result, lose weight. If you include longer rest times, your heart rate shall decrease, which will mean less fat loss.

### ***For Strength and Muscle mass gain***

If your goal is to gain muscles and improve your strength, schedule longer rest times between sets so you can optimize muscle recovery and continue

training at desired and optimum intensity. At the same time, focus on proper form and concentrate on your mind-to-muscle connection so you can concentrate your energy.

### ***For Endurance and Stamina***

If your intention is to improve stamina and muscle endurance, adopt bodyweight exercises that include high intensity exercises and more cardio. While this will help you build endurance, it will do very little to help you build muscle mass (however, it will sculpt your muscles). As you can see, determining your goals will help you determine where you get started.

## **Step 2: Determine how much Time You can dedicate to Working Out**

How much time per week you can dedicate to working out will determine how fast you will notice any results. As you get started, you should work out 3-4 times a week for 30-60 minutes per session depending on your level of fitness and the calisthenics exercise routine you are following.

Workout out for 3-4 days per week until you move from intermediate to expert and then determine how much time you need to work out per week to accomplish your goals.

## **Step 3: Determine the Necessary Equipment**

As discussed earlier, while calisthenics exercises are bodyweight exercises that do not necessarily require gym equipment, having things such as a pull up bar, ab wheel, or gymnast rings will add an interesting twist to your exercises and lead to better results. It is therefore important to assess which equipment you have at hand, and then determine what you need to buy and are willing to do so. As illustrated earlier, most of these items do not cost much and if you cannot afford the most basic equipment, you can improvise.

Now that we have the ground rules out of the way, let us outline and then discuss the basic calisthenics exercises ideal for beginners:

## EFFECTIVE CALISTHENICS EXERCISES FOR COMPLETE BEGINNERS

Below are the most basic body weight exercises. Before you start implementing the body weight routines, especially the ones we shall discuss on the next section of this guide, master these ones:

### **1: Standard Pushup**

The pushup works out the muscles in the chest area as well as your core muscles, your arms, triceps, and shoulders. Here is how to perform the basic pushup.

1. Lie flat on the floor with your chin touching the floor and your toes stretched (make sure you experience a stretch in the soles of your feet. This will ensure you engage your gluteus muscles and keep everything tight and perfect as you cycle through the motions)
2. Place your hands flat on the floor close to your shoulders and make sure that your elbows point upwards.
3. From this point, contract your core muscles as you straighten your body. Use your arms strength to lift up and straighten the body without moving any other part—everything should remain straight and rigid (except your breathing: do not hold your breathing—breathe deeply). As you lift up, look forward at one point.
4. Once you get to the top, hold for a second, inhale, and then bend your elbows at a 90 degrees angle to bring your chest down. Repeat the motion by exhaling as you push yourself up and straighten.

The image below illustrates this:





## 2: Bodyweight Squat

The squat is a core exercise that works out the whole body. Here is how to do it:

1. Stand straight with your feet shoulder-width apart. Make sure your feet angle slightly outward or point straight ahead. To add a bit of variance, you can place your hands behind your neck. Gaze forward or the ground several feet in front of you; this will be your starting point.
2. Commence the movement by folding at the hips and knees and pushing your butt behind as if you are sitting in a chair. Keep your foot firmly on the floor and your spine lengthened. Squat on between, instead of on top of your feet and do not curve your back: keep your upper body straight as you sit back into a squat.
3. Do not allow your knees to bow inward: keep them in line with your feet as you lower yourself as far as you can go without letting your heels leave the floor, straining, or losing balance.
4. When you can go no further into the squat—your hamstrings should rest on the calves and butt and should be just above the ground, your hips and knees fully flexed, your feet flat on the ground, and your posture tall—pause momentarily.
5. To get to the start position, reverse the motion driving your feet into the ground while contracting your core muscles, thighs, and glutes, and extend your hips and knees until you get to a standing position where upon getting there, you should push your hips forward and

tighten your glutes and lower core muscles. Repeat the motion for the desired reps.

The image below illustrates this:



### **3: Bodyweight Lunge**

To perform the body weight lunge:

1. Stand with your feet shoulder-width apart with your hands on your hips.
2. Step forward with one leg and flex your knee as you drop your hip. The front should form a 90-degree angle at the knee while the rear knee should nearly touch the ground. Ensure your posture remains upright and the front knee stays above the front foot.
3. Using the heel of your lead foot, drive through as you extend both knees to get back into the starting position. Step forward with your rear foot as you repeat the lunge on the opposite foot.

The images below illustrate this:



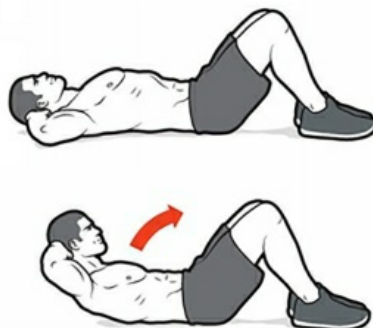


#### **4: Ab Crunch**

Ab crunches are a core exercise. To perform:

1. Start with your back on the floor and your knees bent. You can hold your hands against the side of your head as you would do in a sit up or cross them across your chest.
2. Curl your shoulders off the ground and towards your knees without lifting your back off the ground. To give the abs a true work out, be very deliberate with the movements: do not rush through the exercise, go slow.
3. As you get back to the starting position, squeeze your abs muscles and do not let your head touch the floor. Keep everything tight and perfect and repeat to desired reps.

The image below illustrates this:

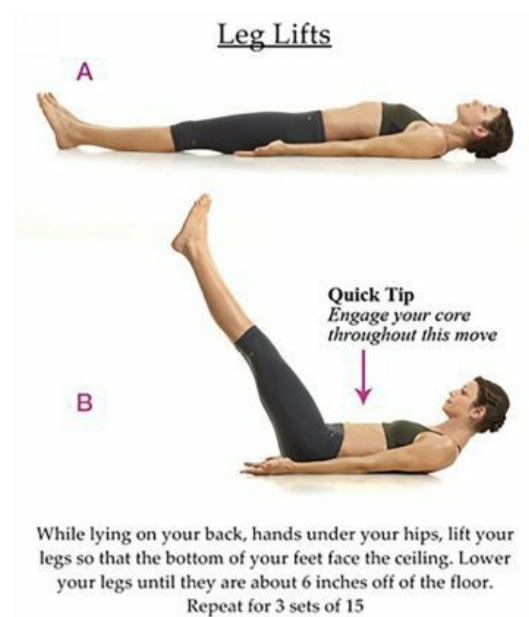


#### **5: Lying Knee and Leg Raises**

To perform the lying knee and leg raise:

1. Lie on your back on the floor and extend your legs in front of you. Place your hands by your sides or under your butt with the palms facing down. The latter hand positioning is ideal because it releases any strain on your lower back.
2. The easiest version of this exercise is the lying knee raise. Here, you raise your knees up straight and pull them in towards your tummy and chest as much as you can while keeping your core tight. Take the legs back to the starting position and curl to repeat a rep.
3. As you get better at the simple lying knee crunch, improve it by raising your feet a little off the ground and then doing the knee crunch. As you take the feet back to the starting position, make sure you hold them a few feet off the ground. For another variation, hold your feet a bit off the ground and instead of doing the knee curl, do the complete leg raise where you raise your feet straight into the air and directly below your belly.

The image below illustrates a full leg raise:



These 5 exercises are the most basic calisthenics exercises you can do to get started. In the next section, we shall look at calisthenics exercise routine.

## **A 6-MONTH, FULL BODY TRANSFORMATION EXERCISE ROUTINE**

The last section discussed the most fundamental bodyweight exercises; these should get you started on the path to a well-sculptured body and great strength and stamina.

However, to method that is very friendly to endurance, strength lose weight and sculpt a body that you are proud of, you need to adopt an exercise routine and adopt a training building, and muscle growth.

Since you are new to bodyweight training, you may be feeling a bit confused about what you should and should not do in regards to training styles and which one you should adopt. Essentially, what you should do is create a solid foundation, which you can do by engaging in full body workout coupled with compound movements. The purpose of this section is to outline the most fundamental full body workout that when practiced, irrespective of your goals, if you stick to these basics, within 3-6 months, you shall have transformed your body.

Before we get to that, let us discuss 3 of the most useful and proven to work training methods. As you get started on the routines we shall discuss stick with it for 4-5 weeks before moving on to the next or adding a variance to the routine:

### **1: Straight Sets**

Straight sets are the most basic and common training methods and if you want to build strong muscles and have the stamina of a mare, this training method is the best for you.

When we say, “performing straight sets” what we mean is that you perform a specific set of given exercises, rest, repeat the same set, rest, repeat again, rest, and then repeat again for the required set and then, only then, move on to the next set of exercises.

The advantage of this training method is that it will lead to massive results. The disadvantage is that if you have minimal training time, this training method may not be ideal because the repetitive nature of the sets means the exercises can take very long.

## **2: Circuits**

When you are using the circuit training method, you perform 3 or more exercises in a row with none or very little rest between the exercises. This makes the circuit training method the most effective training method there is. However, because of the exhaustive nature of the routine, it may not be ideal for a beginner.

Circuits or rounds are the perfect training method for increased endurance and muscle and strength gains because when you do rounds of multiple exercises one after the other, you activate the muscle fibers responsible for body stamina.

## **3: Supersets**

Supersets are a cross between straight sets and circuits. In this training method, you perform 2 exercises back-to-back with no rest.

Now that you know about these 3 training methods, you may be wondering which training method you should choose. The answer is that you can choose any depending on your goals and current fitness. With that said, the most important thing you should note is that when the body gets used to a specific training method, it gets to a plateau. When this happens, you stop seeing results. To avoid this, occasionally change the training method.

Now that we have that out of the way, below are routines you can practice for 6 months.

**NOTE:** Remember what we said about the need to practice a calisthenics routine for 4-5 weeks before changing it or adding another routine into the existing one. Additionally, some of the exercises we shall discuss are intermediate or advanced and since we have not discussed most of these, you shall find YouTube links showing you how to perform the exercises we have not discussed:

### **MONTH 1: THE BEGINNER'S STAPLE**

This straight sets routine should form an integral part of every beginner's training program. The routine shall lead to immense strength and muscle growth and although seemingly easy, implementing it will prove otherwise.



**Training Method:** Straight set

**Equipment needed:** None

**Time needed:** 30-45 minutes, 2-3 times a week

#### **A GENERAL WARM UP**

90 seconds running in place

10 arm circles

10 reverse arm circles

10 windmills (each side)

10 front to back circles

#### **The Exercises**

3 x 10 prisoner squats

3 x 4-8 pushups

3 x 4-8 inverted rows with the palms facing away from you

3 x 4-8 pike pushups

3 x 4-8 inverted rows with the palms facing you

3 x 10 good mornings

3 x 10 Standing calf raises

3 x to failure Crunches

#### **INSTRUCTIONS**

If you are just getting started, this exercise routine requires that you engage in proper warm up to avoid injuries.

As is the case with the exercise routines that shall follow, maintain proper form all through the reps and if you cannot manage to complete the prescribed reps, work your way up. Rest time between the sets should be 60-90 seconds while between exercises should be 2 minutes or less.

## **MONTH 2: TORCH THE FAT**

This routine is the fastest way to burn fat. This workout, assuming you have mastered the 5 fundamental bodyweight exercises we discussed earlier, will ease you into your 6-months calisthenics full body transformation program.

**Training method:** Circuit

**Equipment needed:** TRX/ rings

**Time needed:** 20-30 minutes 3 times a week

### **The Exercises**

- 5 box jumps
- 3 ring pull up negative
- 5 ring pushups
- 4 dips
- 10 crunches

### **INSTRUCTIONS**

As you practice this circuit set, follow the exercise below in their exact order with no rest or little rest between exercises. Work to execute at least 4 rounds/circuits and rest for 2-3 minutes between circuits. As you perform the exercises, remember to go slow and controlled on the negatives and explode up. To improve recovery, you are free to exercise easy stretches in the 2-3 minutes you rest between rounds.

### **Month 3: The 3 X Max Rings Routine**

Idea for beginners who are ready to dedicate up to 3 hours per week to training to see results, this routine will require training rings or a suspension training system. This investment will be worth it because it will improve your physique and further your skills.

**Training method:** Straight Sets

**Equipment needed:** TRX/rings

**Time needed:** 40-60 minutes 3 times a week

## **The Exercises**

3 x max lunges

3 x max reverse lunge

3 x max kneeling ring flys with partial reps on the top half of your movement

3 x max negative ring pull up

3 x max ring triceps extensions

3 x max ring bicep curls

3 x max ring dips

3 > failure tuck L sit on rings

## **INSTRUCTIONS**

Start with 2 sessions per week and when you are confident enough, increase the sessions to 4. Since this routine does not define the number of reps, go with as many reps as you can manage per set while maintaining proper form all through.

Because this is a straight sets routine, move to the next exercise only after completing 3 sets of the previous exercise and rest for no more than 1½ minutes between sets. As a note, keep at this exercise until you can manage 10-15 reps of each set of exercise.

## **MONTH 3: QUICK AND INTENSIVE**

This exercise routine, since it is intensive yet quick, is an ideal way to build a strong foundation fast. If you have a busy schedule and intent on improving your overall endurance, this is the routine for you.

**Training method:** Circuit

**Equipment needed:** None

**Time needed:** 20 minutes 3 times a week

## **The Exercises**

5 inverted rows with the palms facing away from you

5 Bench dips  
5 Diamond push ups  
5 walking lunges on each leg  
5 burpees  
5 mountain climbers on each side  
Planks to failure

### **INSTRUCTIONS**

Even though the effectiveness of this technique comes from quick execution and explosiveness, that does not mean you should ruin your form just so you can get through the exercises as fast as you can. Maintain proper form all through the exercises, and make sure the negative portion of the exercises is slow and controlled while the positive is as powerful as possible.

Perform the exercises in their exact order, rest for ½ minute between and for 2 minutes between each circuit. Do this for 2-4 rounds without exceeding the 20 minutes per session limit.

## **MONTH 4: SUPERSET SUPER WORKOUT**

This superset workout offers immense muscle growth stimulus and since you shall be using the TRX/gymnastic rings, you will use various other muscles to stabilize (leading to a full body workout).

**Training method:** Superset

**Equipment needed:** TRX/rings

**Time needed:** 40-60 minutes 2 times a week

### **THE EXERCISES**

2 x 10 bodyweight squats, superset with:

2 x 10 glute ham raises

2 x 5 pike pushups, superset with:

2 x 5 ring pull up negatives

2 x 5 ring pushups, superset with:

- 2 x 5 ring inverted rows
- 2 x 5 ring supinating bicep curls
- 2 x max hanging knee raises

### **INSTRUCTIONS**

Because this is a super set, perform 2> (as many as you can) back-to-back without resting between the exercises and as you do, avoid building momentum (stay controlled) and practice good form (especially on the negatives). This will ensure that you build great mass and strength.

To ensure you give your body enough recovery time, do not practice this routine more than 2 times a week (unless you are at an advanced level and have determined that exercising more than 2 times a week will prove more effective).

## **MONTH 5: THE FULL BODY SCULPTOR**

This great calisthenics beginner routine will lead to massive strength, endurance, size, and power gains. Like the routine in month 2, stick with this routine for a month or two to see massive results.

**Training method:** superset

**Equipment needed:** Pull up bar

**Time needed:** 45 minutes 2 times a week

### **THE EXERCISES**

Pull-ups> to failure with full range of motion, negatives, or partial reps with:

Dips> to failure

2 x 6-10 Narrow grip inverted rows with the palms facing you with:

2 x 6-10 Close grip bench dips

2 x 6-10 Jumping squats superset with:

2 x 10-15 Standing calf raises for each leg

2 x to failure hanging knee raises superset with:

2 x to failure planks

**NOTE:** Rather than pull to your chest, maximize biceps movement by pulling to your forehead.

### **INSTRUCTIONS**

Because the training mode for this routine is a superset, which can be very taxing if you are just getting started, rest for 2-3 days between training sessions and once you master proper form and technique and understand your body, increase the workout sessions to 3 per week.

As always, maintain proper form all through and rather than do the maximum number of reps using bad form, concentrate on doing what you can while maintaining proper form.



## CONCLUSION

We have come to the end of the book. Thank you for reading and congratulations for reading until the end.

As a closing note, it is important to note that as you implement these exercises, if you continue eating processed and other unhealthy foods, you should not expect any weight loss or body sculpting. There is, therefore, the need to adopt a healthy diet as discussed earlier. Moreover, you also have to be consistent: consistency pays dividends.

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Thank you and good luck!