

HOME HERO

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WORKOUTS

MASTER
CALISTHENICS



FITNESSFAQs



DANIEL VADNAL

FAQS

Welcome to Home Hero, a full body calisthenics program by FitnessFAQs. Before we continue, it's important you read and agree with our privacy policy and terms of use [here](#). If you fully comply with the requirements, let's get started!

WHAT EQUIPMENT DO I NEED?

FitnessFAQs recommends a Doorway Pull-Up bar, two sturdy chairs for Dips and 41" Resistance Bands. For an optimal user experience, Gymnastic Rings are a lifesaver for upper body calisthenics. Specialised equipment isn't required for successful home workouts with some creativity. A dining room table can be used for Bodyweight Rows and Step-Ups. A weighted backpack can be used to increase exercise difficulty. If there is a will there's a way, use what you have available with Home Hero.

WHICH WORKOUT SHOULD I USE?

Everyone has different goals and preferences, choose the right Home Hero workout for you.

Want to train both the upper and lower body at



once? Do the Full Body Workout.

Want to train only the upper body? Do the Upper Body Workout.

Want to train only the legs? Do the Lower Body Workout.

HOW MANY WORKOUTS EACH WEEK SHOULD I DO?

FitnessFAQs recommends 2-3 Home Hero Workouts for the upper and lower body per week. For optimal recovery to get bigger and stronger, 24-48 hours rest between muscle groups is needed. The following tables provide example workouts splits for Home Hero.

FULL BODY SPLIT

Day	Workout
Monday	Full Body
Tuesday	Rest
Wednesday	Full Body
Thursday	Rest
Friday	Rest
Saturday	Full Body
Sunday	Rest



UPPER / LOWER BODY SPLIT

Day	Workout
Monday	Upper Body
Tuesday	Lower Body
Wednesday	Upper Body
Thursday	Rest
Friday	Lower Body
Saturday	Upper Body
Sunday	Rest

WHAT EXERCISES DO I CHOOSE?

Home Hero is a perfect calisthenics program for all strength levels, this is made possible by exercise categories. These include vertical pull, vertical push, handstand, horizontal pull and horizontal push. Using the vertical push category as an example, choose the Dip, Pike Push-Up or Handstand Push-Up. Simply pick one exercise from the category in the workout which suits your strength level.

The other exercises in the Home Hero workouts are written specifically. Examples include the Reverse Nordic and Hollow Body Hold. The remaining leg and core exercises are detailed further in their respective categories in the Home Hero eBook.



WHAT DO THE LETTERS IN THE WORKOUTS MEAN?

The letters indicate when exercises are to be supersetted or completed on their own. If two exercises share the same letter, such as A1-A2, use a superset. Do one set of exercise A1 and then go directly into exercise A2, resting only after both sets are completed. Exercises are paired extensively in Home Hero, time is saved and results are gained.

HOW DO I PROGRESS?

Each workout increases reps, use a harder exercise progression or add weight. For specific ways to alter exercise difficulty, refer to the Home Hero eBook.

I NEED MORE HELP!

Please email FitnessFAQs if you have any questions or feedback: support@fitnessfaqs.com
Otherwise join the free FitnessFAQs forum to discuss Home Hero with our calisthenics community - [FitnessFAQs VIP](#)

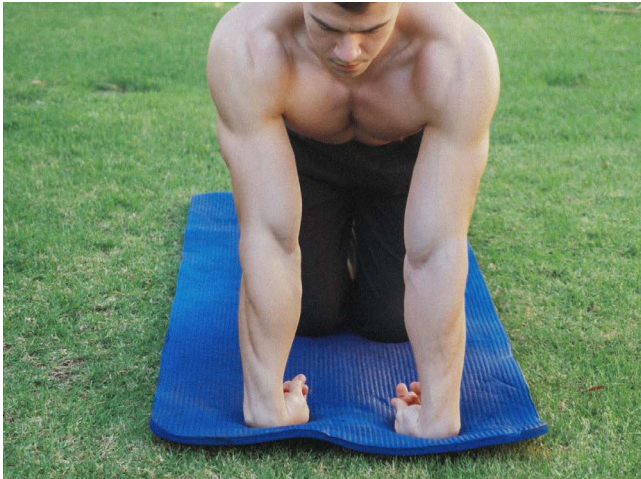


WARM-UP

This section covers the Home Hero warm-up prior to training.

Wrist Extensor Opener

10 reps



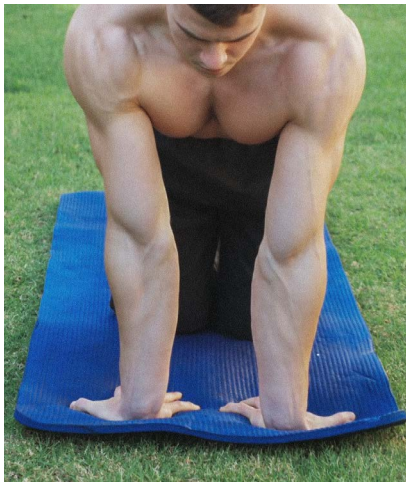
Wrist Extension

10 reps



Wrist Flexor Opener

10 reps



Finger Stretch

10 reps



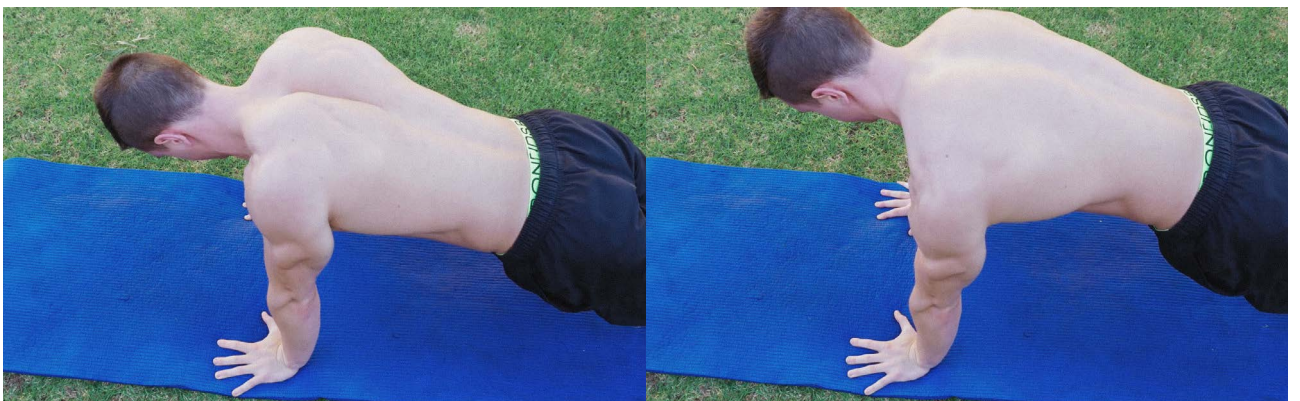
Parallel Bars

10 reps



Scap Push-Up

10 reps



Bird Dog
10 reps L/R



Band Pull Apart
10 reps L/R



External Rotation
10 reps L/R



Knee to Wall
10 reps L/R



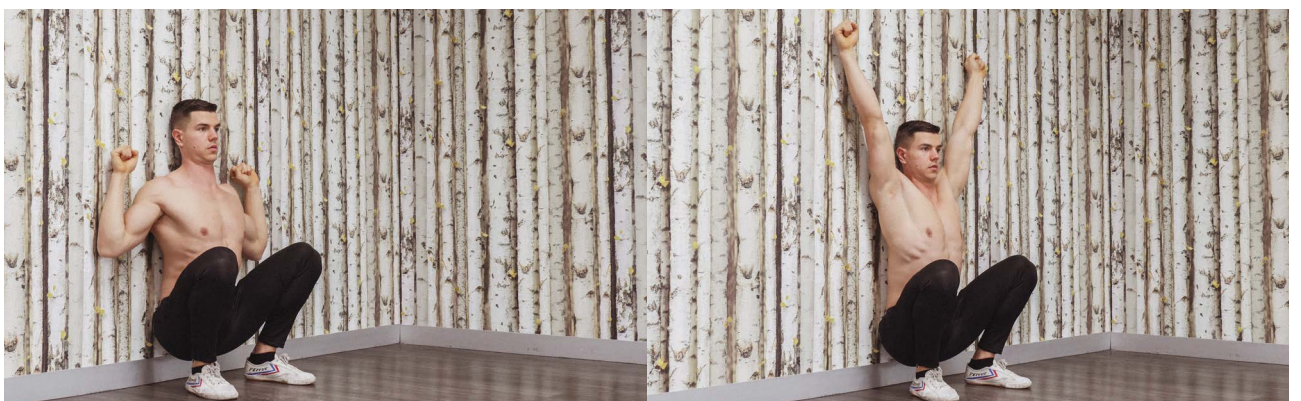
Kneeling Hip Flexor
10 reps L/R



Squat & Reach Sequence
5 reps



Wall Slide
10 reps



HORIZONTAL PULL

This section covers the horizontal pull progressions in Home Hero from beginner to advanced.

BODYWEIGHT ROW



Take a shoulder width grip and extend the hips.
Pull the chest towards the bar
by squeezing the shoulder blades together.
Maintain core tension in the glutes and abs
to prevent the hips from piking.
Lower down with control to straight arms every rep.

Incline Row



DIFFICULTY



*Decline row, Legs straight,
Feet elevated, Add weight,
Archer Row*



VERTICAL PULL

This section covers the vertical pull progressions in Home Hero from beginner to advanced.

PULL-UP



Face the palms face away from the body.
Start in a straight arm hang and finish with the chin above the bar.

*Chin-up grip,
Band assistance*



DIFFICULTY



*Close grip pull-up, Wide
grip pull-up, Add weight,
Finger Assisted Chin-Up*





FINGER ASSISTED CHIN-UP



The working arm is in a chin up grip and the other arm is employing finger assistance. The aim is to use the working arm as much as possible and the assisting side minimally.

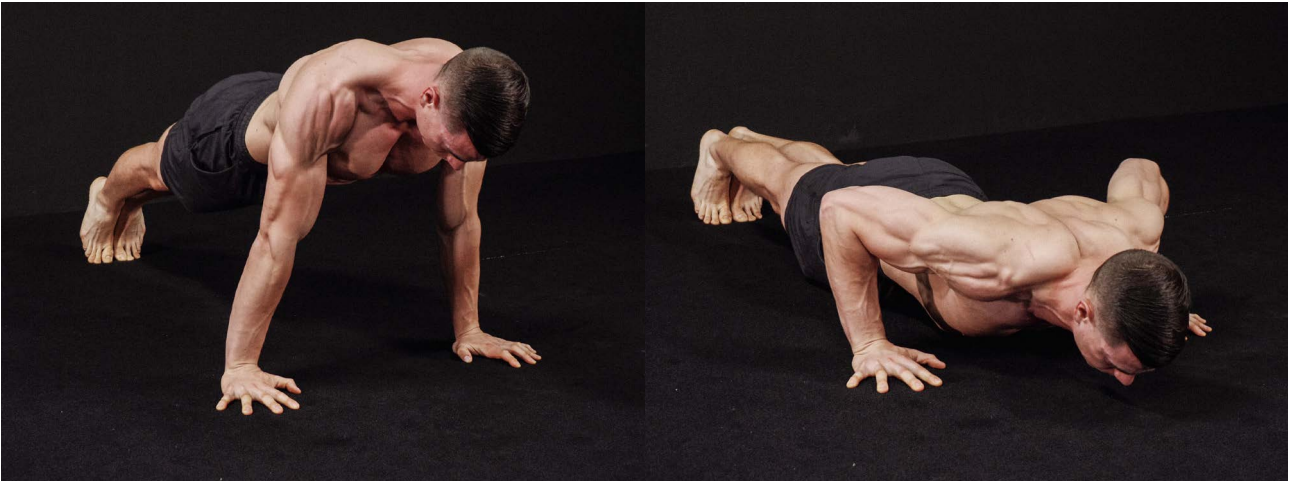
More fingers ↓ **DIFFICULTY** ↑ *Less fingers*



HORIZONTAL PUSH

This section covers the horizontal push progressions in Home Hero from beginner to advanced.

PUSH-UP



Take a shoulder width hand placement.
Lower down until the chest touches the floor then push-up locking the elbows straight.
During the push-up, keep the elbows tucked in towards the sides.
Maintain core tension in the glutes and abs to prevent the lower back from arching.

Incline push-up ↓ **DIFFICULTY**



PSEUDO PLANCHE PUSH-UP



Setup in front of a wall and lean forward until the head touches.
Perform a push-up while maintaining light head contact with the wall.
Keep core tension in the glutes and abs to prevent the lower back from arching.

Hands closer to wall ↓ **DIFFICULTY** ↑ *Hands further from wall*

ARCHER PUSH-UP



Start in a wider than shoulder width push-up.
Shift the bodyweight towards the working arm, touching the chest on the floor.
Keep the assisting arm straight.
Push-up to the start by using the working arm.

Incline position, Increase assisting arm use ↓ **DIFFICULTY** ↑ *Decline position, Decrease assisting arm use*



VERTICAL PUSH

This section covers the vertical push progressions in Home Hero from beginner to advanced.

DIP



Start with the elbows extended straight. Lower down to 90° of shoulder extension. Dip forcefully to locked elbows every rep.



Band Assist ↓ **DIFFICULTY** ↑ Add weight



PIKE PUSH-UP



Start in a push-up and then walk the feet towards the hands. Lower down with tucked elbows until the head touches the floor. Push-up into a pike handstand by shrugging the shoulders towards the ears. Keep the weight on the toes during the set.

DIFFICULTY ↑ *Elevate hands and feet*



BACK TO WALL HANDSTAND PUSH-UP



Setup in a back to wall handstand with the hands slightly wider than shoulder width apart.

Position hands as close to the wall as possible, leaving sufficient headroom.

Lower until the head touches the floor.

Elbows remain tucked in during the handstand push-up.

Avoid the lower back from arching excessively.

CHEST TO WALL HANDSTAND PUSH-UP



Setup in a chest to wall handstand with the hands slightly wider than shoulder width apart.

Leave approximately 4-6 hands distance from the wall.

Lower down forming a tripod shape between the head and hands.

Maintain core tension in the glutes and abs to prevent the lower back from arching.

Push-up into a handstand by shrugging the shoulders towards the ears.

Elbows remain tucked in during the handstand push-up.



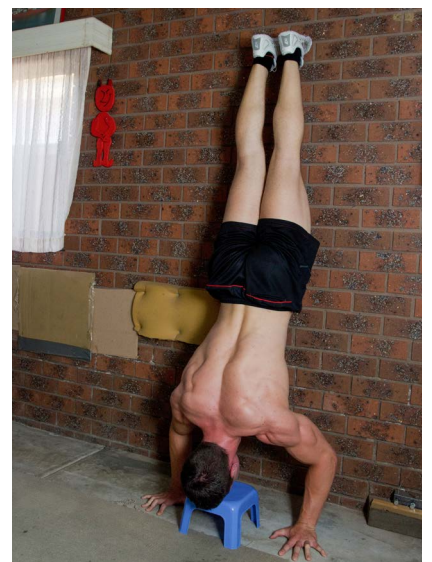
Elevate hands



DIFFICULTY



Reduce range of motion



HANDSTAND

This section covers the handstand progressions in Home Hero from beginner to advanced.

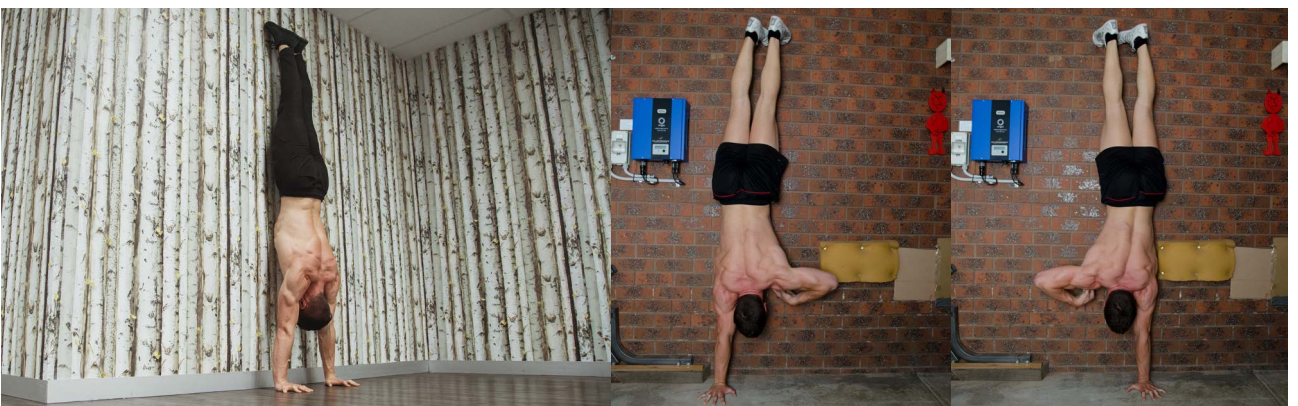
PIKE HANDSTAND



Elevate the feet to approximately shoulder height.

Walk the hands towards the feet so the hips are stacked over the shoulders. Aim to cover the ears with your trapezius muscles, opening the shoulders.

CHEST-WALL HANDSTAND



Enter a chest to wall handstand by walking the feet up the wall. Get tall by shrugging the shoulders towards the ears, squeezing the glutes and abs.

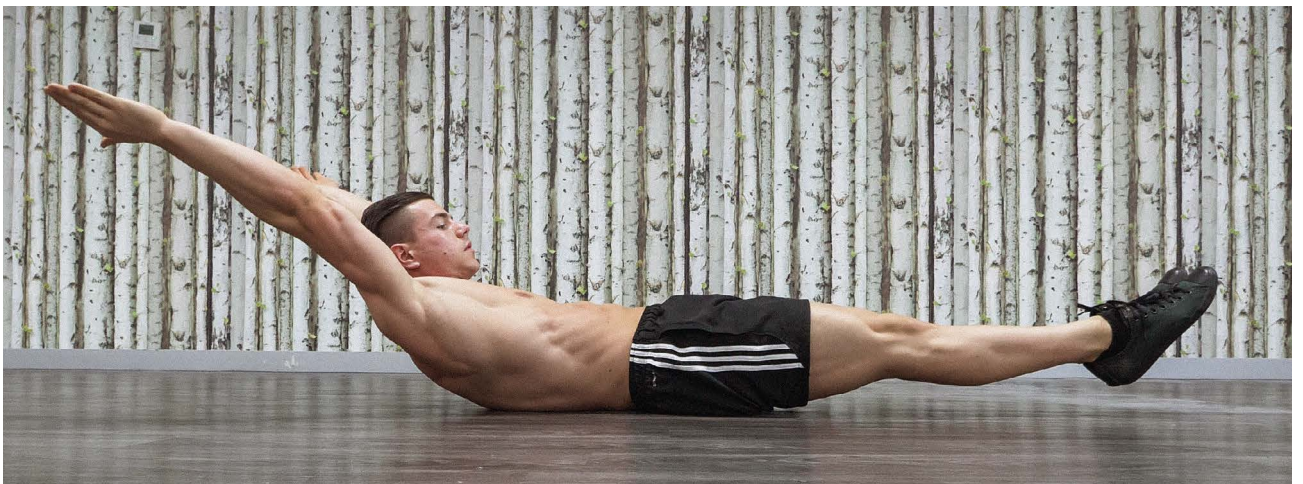
DIFFICULTY ↑ *Shoulder taps*



CORE

This section covers the core exercises in Home Hero including progressions from beginner to advanced.

HOLLOW BODY HOLD



Extend the arms overhead and lift the legs.
Brace the core and keep the lower back flat against the floor.
Hover the shoulder blades off the floor by holding a mini crunch.
Take deep breaths in and out of the stomach.



*Hips flexed 90°,
Extend legs 45°*



DIFFICULTY



*Legs closer to floor,
Add weight to feet*



L-SIT



Setup with elbows locked out, straight legs and pointed toes.
Shrug the shoulders down towards the floor.
Keep the feet level with the hips forming an L-Sit.

Elevate the hands ↓ **DIFFICULTY** ↑ *Hands on floor, Add weight, V-Sit*

HANGING ABS - KNEE RAISE



Hang with straight arms.
Bring the knees to the chest without leaning backwards.
Do not swing or use momentum, control the entire motion.

Perform fast ↓ **DIFFICULTY** ↑ *Perform slow, Add weight*



HANGING ABS - LEG RAISE



Hang with straight arms.
Bring the toes to the bar keeping the legs straight.
Do not lean backwards or use momentum.

*Perform fast,
Lift legs to 90°*



DIFFICULTY



*Perform slow,
Add weight*

BACK EXTENSION





Set up in front of a wall with the feet firmly in contact to create friction. Use an ottoman or gym ball to support the hips. Create a global arch in the spine by extending to maximum range of motion.



*Pause at top,
Perform slow,
Hold weight at chest*



DIFFICULTY



LEGS

This section covers the leg exercises in Home Hero including progressions from beginner to advanced.

STEP-UP



Lean forwards by weight bearing onto the elevated foot. Keep the toes raised on the ground foot to avoid cheating at the start. The elevated knee should track over the mid foot during the Step-Up.

Reverse the motion into a deep squat by silently landing on the floor.



Smaller Step-Up ↓ **DIFFICULTY** ↑ *Larger Step-Up*



PISTOL SQUAT



Extend the arms and opposite leg for balance.
Keep the stance foot flat and lower
into a deep single leg squat.
Push through the midfoot
and return to standing.



Box Squat ↓ **DIFFICULTY** ↑ *Pause at bottom,
Weighted*



SISSY SQUAT



Tilt the pelvis posteriorly by squeezing the glutes.
Shift the knees forward while keeping the weight on the forefoot.
Squat down as far as strength allows,
aiming to get the knees towards the floor.

Hand assist ↓ **DIFFICULTY** ↑ *Range of motion*

NORDIC CURL HINGE



Kneel on a padded surface and fix the heels under a sturdy object.
Hinge at the trunk and touch the head on the floor.
Return to the start by motioning the heels towards the bum.

Hinge while the body stays closer towards the feet ↓ **DIFFICULTY** ↑ *Hinge while maintaining a further forward lean*



NORDIC CURL ECCENTRIC



Maintain a vertical posture by squeezing the glutes.
Lower down towards the floor with control.
Catch the body in a push-up and return to the start.



Perform slower, Lower down further before dropping



DIFFICULTY



Band Assist

REVERSE NORDIC CURL



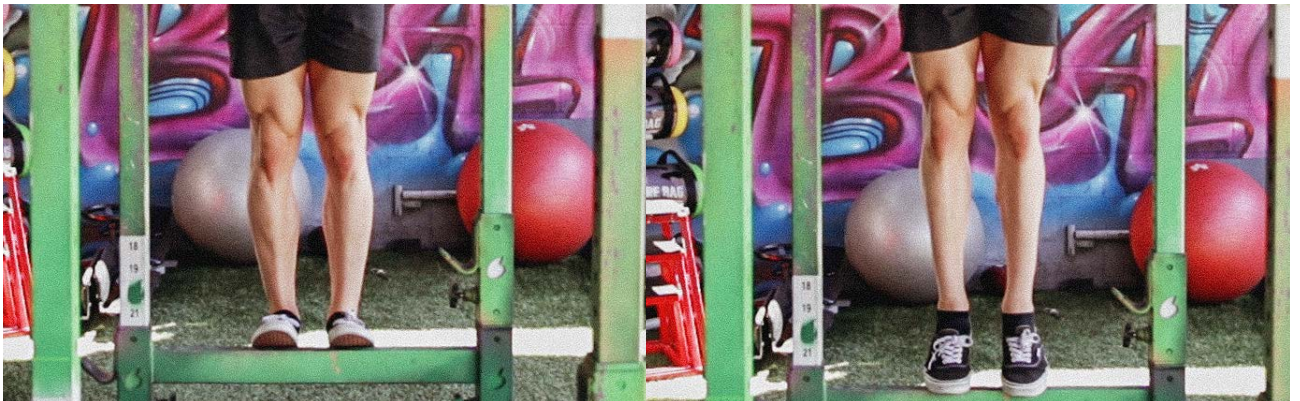
Kneel on a padded surface with the legs shoulder width apart.
Tilt the pelvis posteriorly by squeezing the glutes.
Lean backwards sitting between your legs,
aim to get the bum towards the ground.
Return to the start by performing a leg extension motion.





Band assist ↓ **DIFFICULTY** ↑ *Increase range of motion,
Hold weight at chest.*

CALF RAISE

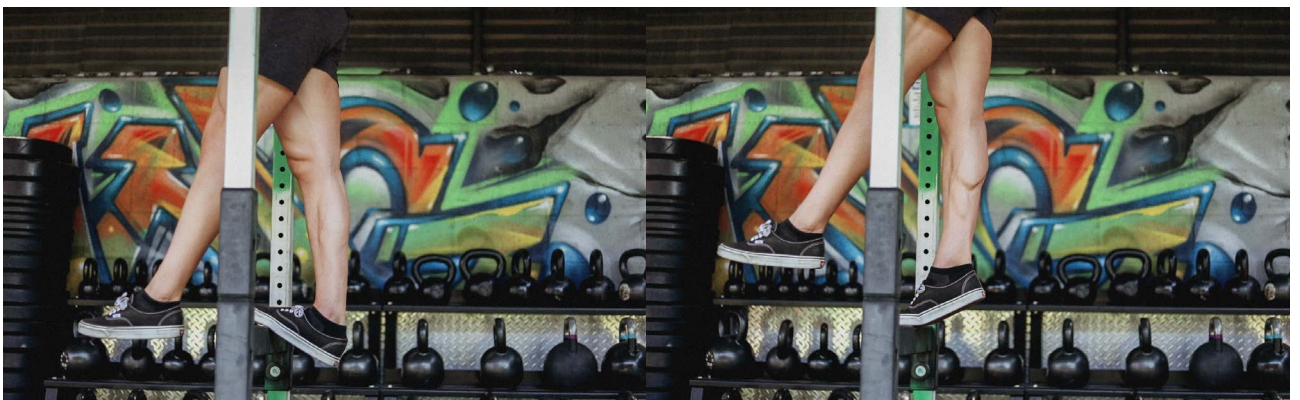


Support the mid-foot on an elevated surface
while keeping the legs straight.

Drop the heels for a maximum stretch.

Push through the toes and lift the heels for a maximum calf contraction.

Pause at both the top and bottom range of motion.



DIFFICULTY ↑ *Add weight, Single leg*



HOME HERO- FULL BODY

Workout	Letter	Exercise	Sets	Reps	Rest
Full Body 1	A1	Vertical Pull	3	5 - 10	01:00
Full Body 1	A2	Step-Up	3	8 - 12	
Full Body 1	B1	Vertical Push	3	5 - 10	01:00
Full Body 1	B2	Back Extension	3	10 - 15	
Full Body 1	C1	Horizontal Pull	3	8 - 15	02:00
Full Body 1	C2	Horizontal Push	3	8 - 15	
Full Body 1	D1	Calf Raise	3	failure	01:00
Full Body 1	D2	Hollow Body Hold	3	30 - 45s	
Full Body 2	A1	Vertical Pull	3	5 - 10	01:00
Full Body 2	A2	Pistol Squat	3	8 - 12	
Full Body 2	B1	Vertical Push	3	5 - 10	01:00
Full Body 2	B2	Nordic Curl Eccentric	3	5	
Full Body 2	C1	Horizontal Pull	3	8 - 15	02:00
Full Body 2	C2	Horizontal Push	3	8 - 15	
Full Body 2	D1	Calf Raise	3	failure	01:00
Full Body 2	D2	L-Sit	3	15 - 30s	
Full Body 3	A1	Vertical Pull	3	8 - 12	01:00
Full Body 3	A2	Step-Up	3	8 - 12	
Full Body 3	B1	Vertical Push	3	5 - 10	01:00
Full Body 3	B2	Hanging Abs	3	8 - 15	
Full Body 3	C1	Nordic Curl Hinge	3	6 - 12	01:00
Full Body 3	C2	Horizontal Pull	3	8 - 15	
Full Body 3	D1	Reverse Nordic Curl	3	8 - 15	01:00
Full Body 3	D2	Calf Raise	3	failure	



HOME HERO- UPPER BODY

Workout	Letter	Exercise	Sets	Reps	Rest
Upper Body 1	A1	Vertical Pull	3	5 - 10	02:00
Upper Body 1	A2	Vertical Push	3	5 - 10	
Upper Body 1	B1	Horizontal Pull	3	8 - 12	02:00
Upper Body 1	B2	Horizontal Push	3	8 - 12	
Upper Body 1	C1	Back Extension	3	10 - 15	01:00
Upper Body 1	C2	Hollow Body Hold	3	30 - 45s	
Upper Body 1	D1	Handstand	3 - 5	30 - 60s	01:00
Upper Body 2	A1	Vertical Pull	3	5 - 10	02:00
Upper Body 2	A2	Vertical Push	3	5 - 10	
Upper Body 2	B1	Horizontal Pull	3	8 - 12	02:00
Upper Body 2	B2	Horizontal Push	3	8 - 12	
Upper Body 2	C1	Back Extension	3	10 - 15	01:00
Upper Body 2	C2	Hanging Abs	3	8 - 15	
Upper Body 2	D1	Handstand	3 - 5	30 - 60s	01:00
Upper Body 3	A1	Vertical Pull	3	5 - 10	02:00
Upper Body 3	A2	Vertical Push	3	5 - 10	
Upper Body 3	B1	Horizontal Pull	3	8 - 12	02:00
Upper Body 3	B2	Horizontal Push	3	8 - 12	
Upper Body 3	C1	Back Extension	3	10 - 15	01:00
Upper Body 3	C2	L-Sit	3	15 - 30s	
Upper Body 3	D1	Handstand	3 - 5	30 - 60s	01:00



HOME HERO - LOWER BODY

Workout	Letter	Exercise	Sets	Reps	Rest
Lower Body 1	A1	Step-Up	3	8 - 12	02:00
Lower Body 1	A2	Nordic Curl Eccentric	3	5	
Lower Body 1	B1	Back Extension	3	10 - 15	02:00
Lower Body 1	B2	Reverse Nordic Curl	3	8 - 15	
Lower Body 1	C1	Calf Raise	3	failure	01:00
Lower Body 1	C2	Hollow Body Hold	3	30 - 45s	
Lower Body 2	A1	Pistol Squat	3	8 - 12	02:00
Lower Body 2	A2	Back Extension	3	10 - 15	
Lower Body 2	B1	Sissy Squat	3	8 - 12	02:00
Lower Body 2	B2	Nordic Curl Hinge	3	6 - 12	
Lower Body 2	C1	Calf Raise	3	failure	01:00
Lower Body 2	C2	Hanging Abs	3	8 - 15	
Lower Body 2	D1	Reverse Nordic Curl	3	8 - 15	02:00
Lower Body 3	A1	Step-Up	3	8 - 12	01:00
Lower Body 3	A2	Calf Raise	3	failure	
Lower Body 3	B1	Nordic Curl Eccentric	3	5	02:00
Lower Body 3	B2	L-Sit	3	15 - 30s	
Lower Body 3	C1	Back Extension	3	10 - 15	02:00
Lower Body 3	C2	Reverse Nordic Curl	3	8 - 15	





FITNESSFAQs

Want to be STRONG like a gymnast,
LOOK like a bodybuilder and MOVE freely?

TRAINING PROGRAMS

Click the image to master calisthenics with FitnessFAQs.



Start Your Journey



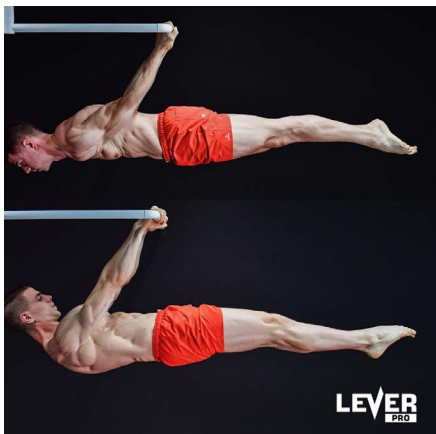
Transform Your Physique



Big Legs, No Weights



Master The Planche



Master the Front & Back Lever



Master The One Arm Pull-Up





FITNESSFAQs

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