



**BEYOND BODYWEIGHT**  
WEIGHTED CALISTHENICS PROGRAM

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**UPPER/LOWER  
ROUTINE**

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# GLOSSARY

BW = Bodyweight Only

/ = Either Or (ex. Pushups/Pullups, Pushups OR Pullups)

(Parenthesis = Exercise is Super-Setted)

## UPPER – STRENGTH/HYPERTROPHY BASED (MONDAY/THURSDAY)

| DAYS | EXERCISE  | SETS      | REPS        | REST TIME            |
|------|---|-----------|-------------|----------------------|
| M/Th | Weighted Pushups  | 5 or<br>4 | 5 or<br>6-8 | 3-5 Minutes          |
|      | Weighted Pullups/Chinups  | 5 or<br>4 | 5 or<br>6-8 | 3-5 Minutes          |
|      | Weighted Dips   | 3         | 6-8         | 2-3 Minutes          |
|      | Pike Pushups/ Weighted HSPU<br>(Weighted Australian Rows/Tuck FL Row) | 4         | 6-10        | 2 Minutes            |
|      | Weighted Situps/Weighted Leg Raises                                   | 3         | 10-15       | 1 Min.<br>30 Seconds |

## LOWER – STRENGTH/HYPERTROPHY BASED (TUESDAY/FRIDAY)

| DAYS | EXERCISE  | SETS      | REPS        | REST TIME   |
|------|---|-----------|-------------|-------------|
| T/F  | Squats  | 5 or<br>4 | 5 or<br>6-8 | 3-5 Minutes |
|      | Weighted Assisted Pistol Squats                       | 4         | 6-8         | 2-3 Minutes |
|      | Weighted Lunge Movement<br>(30 Sec Weighted Wall Sit) | 3         | 6-8         | 2-3 Minutes |
|      | Weighted Good Mornings/<br>Hyperextension             | 4         | 6-8         | 2-3 Minutes |
|      | Calves (Raises of all Sorts)                          | 5         | -           | < 1 Min     |

**Wednesday:** Optional work day. Could be used for bodyweight skill practice or weak points/isolation movements.

# QUICK TIPS

- 1** Opposing muscle groups can be super-setted to reduce workout time and increase calorie burn.
- 2** Train right before failure (1-2 reps before)
- 3** On the last set try drop setting for more gainz!
- 4** To induce more hypertrophy change 5x5's to 4x6-10 Rest Time: 2-3 Minutes
- 5** Each week/month progressively overload! (increase weight)

## DISCLAIMER

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Consult a physician before performing this or any exercise program*







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# PUSH PULL LEGS BONUS

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# GLOSSARY

/ = Either Or (ex. Pushups/Pullups, Pushups OR Pullups)

AMRAP = As Many Reps As Possible

## PUSH — (MONDAY/THURSDAY)

| DAYS | EXERCISE                             | SETS   | REPS     | REST TIME   |
|------|--------------------------------------|--------|----------|-------------|
| M/Th | One Arm Handstand Practice & Planche | -      | -        | 30 Minutes  |
|      | Weighted Pushups/Incline Bench Press | 5 or 4 | 5 or 6-8 | 3-5 Minutes |
|      | HSPU Variation                       | 4      | AMRAP    | 3-5 Minutes |
|      | Weighted Dips                        | 3      | 6-8      | 2-3 Minutes |
|      | Explosive Pushups                    | 3      | AMRAP    | 2 Minutes   |
|      | Lateral Raises & Calves              | 3      | 10-15    | 1-2 Minutes |

## PULL — (TUESDAY/FRIDAY)

| DAYS | EXERCISE  | SETS   | REPS     | REST TIME   |
|------|---|--------|----------|-------------|
| T/F  | One Arm Handstand Practice/Front Lever            | -      | -        | 30 Minutes  |
|      | Weighted Pullups/Chinups                          | 5 or 4 | 5 or 6-8 | 3-5 Minutes |
|      | Weighted Row                                      | 4      | 6-8      | 3-5 Minutes |
|      | Front Lever Row Progression                       | 3      | AMRAP    | 2 Minutes   |
|      | Weighted Muscleups/<br>Explosive Pullup Variation | 3      | 6-8      | 2-3 Minutes |
|      | Weighted Situps/Leg Raises & Calves               | 3      | 10-15    | 1-2 Minutes |

## LEGS – (WEDNESDAY/SATURDAY)

| DAYS  | EXERCISE  | SETS      | REPS        | REST TIME   |
|-------|---|-----------|-------------|-------------|
| W/Sat | Explosive Squats                                      | 5 or<br>4 | 5 or<br>6-8 | 3-5 Minutes |
|       | Weighted Lunge Movement<br>(30 Sec Weighted Wall Sit) | 3         | 6-10        | 2-3 Minutes |
|       | Weighted Good Mornings/<br>Hyperextension             | 4         | 6-8         | 2-3 Minutes |
|       | Explosive Training<br>(Box Jumps, Tuck Jumps, Flips)  | 3         | 3 Exercises | -           |
|       | Sprint Intervals                                      | -         | -           | 10 Minutes  |

[CLICK HERE TO GET THE AD WORKOUT WEIGHT BELT](#)

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# FULL BODY ROUTINE

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## INTENSE FULL BODY TRAINING W/ SUPERSETS (MONDAY/WED/FRIDAY 3X A WEEK)

| DAYS               | EXERCISE   | SETS | REPS     | REST TIME   |
|--------------------|--|------|----------|-------------|
| M/W/F<br>3x a Week | Weighted Pullups (Weighted Pushups)  | 4    | 6-8      | 2-4 Minutes |
|                    | Weighted Dips (Pike Pushups /<br>Weighted HSPU)<br><i>Shoulder Variations Reps Can be just bodyweight<br/>and Increased to at most 15 Reps</i> | 3    | 6-8      | 2-4 Minutes |
|                    | Weighted Australian Row/Tuck<br>FL Row (Good Mornings/Hyper<br>Extensions)   | 4    | 6-8      | 2-3 Minutes |
|                    | Squats (BW Jumping Lunges)<br><i>Jumping Lunges Aim for 15-20 Reps each leg</i>  | 4    | 6-8      | 2-3 Minutes |
|                    | Weighted Lunge Variation   | 3    | 8-12     | 2 Minutes   |
|                    | Weighted Wall Sit  | 1    | MAX Time | -           |
|                    | Weighted Situps/Leg Raises(Calves)   | 3-5  | 6-15     | 2 Minutes   |



# QUICK TIPS

- 1** ALWAYS warm up first! (Cardio 5-10 min and Dynamic Stretching)
- 2** If too intense remove super sets and perform set by set (will take longer)
- 3** Weighted Good Mornings can be replaced with deadlifts or hyperextensions.
- 4** Light Cardio/Skill Work/Weak Points/Isolations can be done on off days.
- 5** Each week/month progressively overload! (increase weight)
- 6** Train right before failure (1-2 reps before)

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