

**AD**  
**WORKOUT**



# CALISTATICS BEGINNER PROGRAM

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## Beginner End Goal:

1. L-Sit 5+ Sec
2. Elbow Lever 5+ Sec.
3. 20 Sec. Wall Handstand
4. 3 Full Skin the Cats

## Key:

- Superset = Doing Exercises Right After Each Other With NO Rest

# A1 - ISOMETRIC BASED

## CALISTATICS WARMUP

EXERCISE	SETS	REPS	REST TIME
Piked Handstand Hold or Stomach To Wall Hold	3	10-15 Seconds	2-3 Minutes
L Sit Progression	5	7 Seconds	3 Minutes
Elbow Lever Technique Practice/ Attempts	5-10 Minutes		
Head To Wall Planche Lean	4	10 Seconds	3 Minutes
Hollow Body Hold	2	15-20 Seconds	1 Minutes

## A2 - DYNAMIC BASED

### CALISTATICS WARMUP

EXERCISE	SETS	REPS	REST TIME
Handstand Wall Kickups	5-10	3	2-3 Minutes
L Sit Kick Outs	5	5	3-5 Minutes
Tucked Skin The Cat	3-4	3	2 Minutes
Planche Lean Shifts	3	5-10	2 Minutes
Bar Scapula Shrugs	3	5-10	1 Minutes. 30 sec

## A3 - COMBINATION

### CALISTATICS WARMUP

EXERCISE	SETS	REPS	REST TIME
Handstand Stomach To Wall Walks	3	3-4 Walks	2-3 Minutes
Pullup Bar L-Sit MAX Hold	3		2-3 Minutes
Elbow Lever Leans x5 Superset Planche Lean MAX Hold	5		3 Minutes
Slow Tucked Skin The Cat	3	4	2-3 Minutes

## CALISTATIC BONUS TIPS:

- 1** Pick 1 End Goal To “Grease The Groove” On.  
*(Explained in Course material)*
- 2** Short on time? Superset the exercises!
- 3** Maintain GREAT form from the start – Record Yourself!
- 4** TRACK your progress.
- 5** Test for “END” Goals every 4-6 weeks.
- 6** Unsure of an exercise?  
Refer to the course material for more info.

# BEGINNER SUPPLEMENTAL STRENGTH EXERCISES

(Learn More At [www.thebodyweightbodybuilder.com](http://www.thebodyweightbodybuilder.com))

- 1 Psuedo Planche & Piked Pushups
- 2 Piked Compression Work & Hamstring Stretching (L-Sit)
- 3 Pullups & Dips
- 4 Leg Raises (Bar & Dip Bar)



# REFERENCES

# ISOMETRIC TABLE

Max Hold	Hold Time	Total Sets	Total Time	Sweet Spot (Sets x Hold)
1	1	7-10	7-10s	8x1s
2	2	6-8	12-16s	7x2s
3	3	6-8	18-24s	7x3s
4	3	6-8	18-24s	7x3s
5	4	5-7	20-28s	6x4s
6	5	5-6	25-30s	6x5s
7	5	5-6	25-30s	6x5s
8	6	5-6	30-36s	6x6s
9	6	5-6	30-36s	6x6s
10	7	5-6	35-42s	5x7s
11	8	5-6	40-48s	5x8s
12	8	5-6	40-48s	5x8s
13	9	5	45s	5x9s
14	10	5	50s	5x10s
15	10	5	50s	5x10s
16	11	5	55s	5x11s
17	12	5	60s	5x12s
18	13	5	65s	5x13s
19	13	5	65s	5x13s
20	14	4	56s	4x14s
21	14	4	56s	4x14s
22	15	4	60s	4x15s
23	16	4	64s	4x16s
24	16	4	64s	4x16s
25	17	4	68s	4x17s
26	17	4	68s	4x17s
27	18	3	54s	3x18s
28	19	3	57s	3x19s
29	20	3	60s	3x20s
30	20	3	60s	3x20s

# WEEKLY TRAINING SCHEDULE EXAMPLE/ RECOMMENDATIONS

*Frequency: 2-3x a week*

## *Example Schedules:*

### *3x a Week*

**Monday:** A1/2/3 **Wednesday:** A2/1/3 **Friday:** A3/2/1

**Sunday:** A3/1/2 **Wednesday:** A2/1/3 **Friday:** A1/2/3

**Monday:** A2/1/3 **Friday:** A3/2/1 **Sunday:** A1/2/3

### *2x a Week*

**Tuesday:** A3/2/1 **Thursday:** A2/1/3

**Monday:** A2/1/3 **Friday:** A1/2/3

**Sunday:** A1/2/3 **Wednesday:** A3/2/1



For the beginner programs I suggest training anywhere between 2-3 times a week. With at least a day rest in between each training day. There are many ways to schedule training, but remember it also depends on how you approach the training (before workouts, separate sessions etc.) and your normal training split. For a good starting point reference the Example Schedules above. Every training session try to do a different workout to keep it fun and challenging.

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