

CALISTATICS INTERMEDIATE PROGRAM

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Beginner End Goal:

1. Tuck Planche 8+ Sec
2. Freestanding Handstand 7+ Sec
3. Straddle Front/Back Lever 5+ Seconds,

Key:

- SS = Superset (Perform the exercise right after the other with no rest)
 - FL/BL = Front Lever and Back Lever
 - AMRAP = As Many Reps As Possible

B1 - ISOMETRIC BASED

CALISTATICS WARMUP

EXERCISE	SETS	REPS	REST TIME
Back To Wall HS Hold (<i>Balance Practice</i>)	5-10 Minutes		5-10 Minutes
Parralette Tuck Planche Hold (3-6 Seconds) SS w/ Planche Leans 7-10 Sec.	3		3 Minutes
Stomach To Wall HS Hold	3	MAX Time	2-3 Minutes
Static FL Progression (5-8 seconds) SS Static Pronated BL Progression (5-8 Seconds)	5	5-8 Seconds	2 Minutes
L-Sit	3	6-10 Seconds	2-3 Minutes

B2 - DYNAMIC BASED

CALISTATICS WARMUP

EXERCISE	SETS	REPS	REST TIME
Handstand Kickups and Attempts 10-15 Min. Practice			
L-Sit To Tuck Planche Swing	4	5-6	3 Minutes
Straddle/Tucked FL Negatives	5	3-5	3 Minutes
Supinated Tucked BL Holds	3	3-6	2-3 Minutes
Human Flag Practice/Progression	15-20 Minutes (If Needed)		

B3 - COMBINATION

CALISTATICS WARMUP

EXERCISE	SETS	REPS	REST TIME
Handstand Kickups and Attempts 10-15 Min. Practice			
Stomach to Wall HS Hold Walk To Planche Lean	3	MAX	3 Minutes
Rings Straddle FL To BL SS Tucked FL to BL	5	2-3	3-4 Minutes
Elevated Pike Pull Throughs	3	5-7	3 Minutes
Full Skin The Cats 1X AMRAP			

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.

INTERMEDIATE SUPPLEMENTAL STRENGTH EXERCISES

(Learn More At: www.thebodyweightbodybuilder.com)

- 1** Tuck Planche Pushups & FL Rows
- 2** Dragon Flags
- 3** Wall HSPU / Dips



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: 4-5x a week

Example Schedules:

4x a Week

Sunday: B1/2/3

Monday: B1/2/3

Monday: B2/3/1

Tuesday: B2/1/3

Wednesday: B3/1/2

Thursday: B3/1/2

Friday: B1/2/3

Friday: B1/2/3

5x a Week

Monday-Friday (Weekends Off):

B1/B2/B3/B1-3/B1-3

For the Intermediate programs I suggest training anywhere between 4-5x times a week increasing the frequency from the beginner programs and less rest days. 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. Try to do every workout at least once a week and then choose your preferred workout on latter days within the week.

DISCLAIMER

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