

**AD**  
**WORKOUT**

**CALISTATICS**  
**ADVANCE**  
**PROGRAM**

[www.workoutad.com](http://www.workoutad.com)

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## Advance End Goal:

1. Straddle Planche 5+ Seconds
2. Full FL/BL 7+ Seconds
3. Handstand Dynamics & Mastery

## Key:

- FL/BL = Front Lever and Back Lever

# C1 - ISOMETRIC BASED

## CALISTATICS WARMUP

EXERCISE	SETS	REPS	REST TIME
Free Standing Handstand Holds	3	MAX	3 Minutes
Stomach To Wall Handstand Arm Shifts	3	4-6	2-3 Minutes
Planche Progression (Adv. Tuck/Straddle)	5	4-6 sec	3 Minutes
Straddle Front Lever To Back Lever	4	4-6	3 Minutes
Bar One Arm Scapula Pulls	3	5-8	2 Minutes

# C2 - DYNAMIC BASED

# CALISTATICS WARMUP

EXERCISE	SETS	REPS	REST TIME
MAX Free Standing Handstand Hold	2		2-3 Minutes
Handstand Walking	3	5-10	2 Minutes
L-Sit Swing to Straddle Planche or L-Sit To Handstands	3	5-6	3 Minutes
L-Sit Piked Pull Throughs	5	3-7	3 Minutes
Full FL Negatives	5	3-5	3 Minutes
Supinated Straddle BL Holds	3	3-6	2-3 Minutes

# C3 - COMBINATION

# CALISTATICS WARMUP

EXERCISE	SETS	REPS	REST TIME
MAX Handstand Hold	2		2-3 Minutes
Handstand Shoulder Taps 10 Each Shoulder <i>(Take as long as you need)</i>			
Handstand Lower To Straddle Planche	5	2-3	3-4 Minutes
Bar L-Sit To Front Lever	4	3-6	3 Minutes
Pronated Straddle/Full BL Holds	3	5-7	2 Minutes
Rings Straddle FL To BL SS Tucked FL to BL	5	2-3	3-4 Minutes
Slow FL Raises	3	4-6	3 Minutes

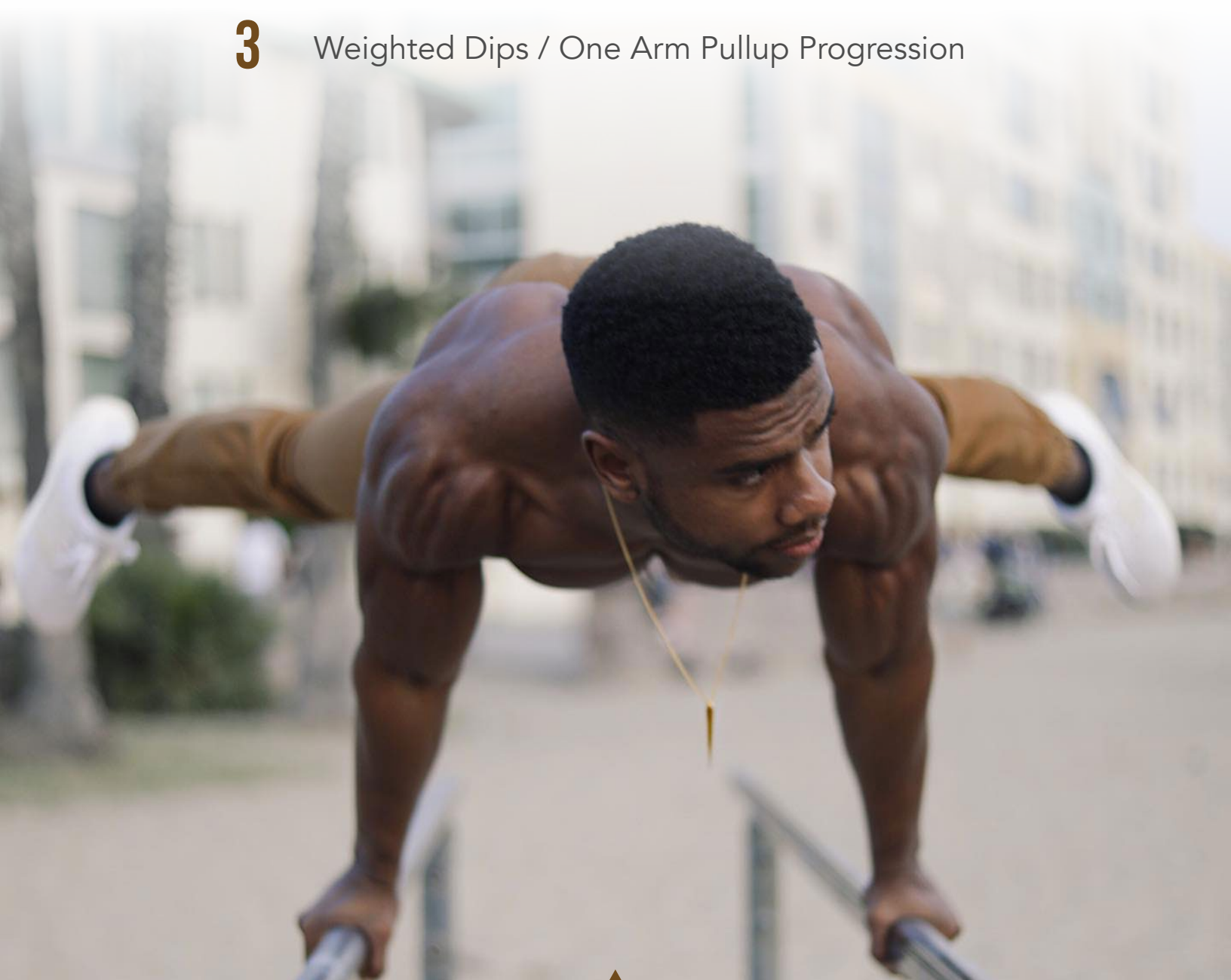
## CALISTATIC BONUS TIPS:

- 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.

# ADVANCE SUPPLEMENTAL STRENGTH EXERCISES

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

- 1** 90 Degree HSPU / Planche Pushup / Free HSPU
- 2** Dragon Flags
- 3** Weighted Dips / One Arm Pullup Progression



# 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:** C1/2/3

**Monday:** C1/2/3

**Monday:** C2/3/1

**Tuesday:** C2/1/3

**Wednesday:** C3/1/2

**Thursday:** C3/1/2

**Friday:** C1/2/3

**Friday:** C1/2/3

### *5x a Week*

**Monday-Friday (Weekends Off):**

C1/C2/C3/C1-3/C1-3



For the advance programs I also suggest training anywhere between 4-5x times a week. At this point you should be more in tune to your strength & weaknesses. So you can adjust around those factors. Still, 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 or target weak areas on latter days within the week.

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