



Become A **BAR BROTHER**

The Body Weight Workout
Starter Guide

New version 5.0: Fully Updated

By Richard Andoh



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The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counselling. The information should be used in conjunction with the guidance and care of your physician. If you have any doubts due to medical conditions, consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose to work with the forthcoming advice in this ebook, you are agreeing to accept full responsibility for your actions.



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Become A Bar Brother Beast

Beast mode, [beest mohd], *verb*

1. The act of stepping it up and destroying your competition.
2. Superhuman state of mind, in which animal instincts take over the mind and body.



Become A Bar Brother: The Body Weight Workout Starter Guide

If you are reading this, you are on your way to joining a really, really, really small group of people.

Let me guess, you have seen some videos on Youtube and thought: “Holy S!#\$!, I want to do that too!”.

Tried some moves and discovered that you still have a long way to go, right?

Not only did you get this ebook, but you're also doing something right now that unfortunately is unique—you're reading it! Statistics show that less than 10% of people read books past the first chapter, which means you will have a head start if you keep reading. Continue...

You have tried different types of workouts and probably used to have or still have a gym membership... still, you feel like



you are not really getting the results you want, even though you are really willing to work for it.

You try to push yourself more than others do. You are the kind of person that wants to be more than you are right now.

You train and train, waiting for results, and...

NOTHING HAPPENS.

NO weight loss, NO muscle gains. NO friends to train with, helping you that extra mile...

This is called the 'someday-I-will' training zone, you go through the motion, not fulfilling your true potential (Like most people do).

Not because you can't, but because you don't know how.

Testimonials

"Hi Guys, First what a great workout !! Really what I was expecting, look back on past month and wow... "

- Francis

"Bro, Just finished my first week of month 1 and I'm feeling great."

- B2

"Great program! Been planning to start something like this and get out of the regular gym boredom routines!"

- Milan

"Hey Bros, just wanted to say thank you for this. I've been wanting to get back into working out for months now, but I couldn't find any motivation."

- T.J.





Until you give up and finally become the *I-will-start-tomorrow-guy* who never starts, you just keep procrastinating until you find yourself looking at a mirror one day...*wondering what happened.*

AND IT PISSES ME OFF...

The internet is overflowing with all types of fitness shortcuts, power boosting supplements, 5-minute-lose-30-pound-in-one-week-exercises, getting you nowhere and leaving you with an empty wallet, looking for more quick fixes that never work.

While there you are, motivated, willing to push through, deep within you there is the desire to be that person who can inspire others but nobody sees it in you, you don't even see it in yourself.

It's wrong.

After years of training in the gym, eating 'healthy' and finding myself in an unbalanced condition (Even though I thought I was doing the right things) and finding how to turn things around, I've finally decided to do something about it:



‘I want to teach you everything I know about having a healthy mind and body.’

Yep. *EVERYTHING!*

I have built www.barbrothersgroningen.com (Inspired by Dusan and Lazar) to help you to get more out of your body, lose your excess weight and give you everything you need to become the person you are supposed to be.

FULL BEAST MODE...

By the time we’re done, you will not be that guy downloading tons of diets and ebooks, buying Tell Sell like products, squeaking and praying for one of them to finally work.

You’ll be a true BEAST, armored with body weight routines and motivated to the teeth, roaring from your core, showing everyone who ever doubted you what’s possible.



You can only experience beast mode, not explain it. It's that moment when you get into the zone. When time disappears and nothing seems impossible and you start doing things you never tried before, faster, stronger, better. But once you realize it, it's long gone...

From this point on, you will no longer be a hopeless sheep,
you will be a...BEAST.

So what can you expect in this ebook?

You are here now which means, up till now most of the stuff above this sentence has made sense.

Which is a good thing.

So now we are at the boring part where I am going to give you a quick preview of what you can expect in the coming pages.

- 1) Part of becoming a Bar Brother or learning a new habit, is knowing what you *should and should not do*. I'm going to introduce the **3 biggest mistake beginners make** to give you some insights into pitfalls 100% of the people reading this ebook will come across either 1 or multiple times.



- 2) After that I'm going to introduce **the full body routine for beginners** which you can start practicing as soon as you finish this ebook. If you already know how to do push ups, pull ups, dips, squats, leg raises and lower back exercises it means you can continue to the **6 month training plan for beginners** or **you can get started with the Bar Brother system immediately.**

- 3) And last but not least I will give you some mind **blowing tips on dieting including my personal eating schedule.** Most of these tips are not based upon conventional wisdom and will probably take you some time to get used to.

- 4) Throughout all these pages I will add some **key lessons, anecdotes and interesting stuff** I wish I had known when I started calisthenics.

By now you might be wondering who the 'guy' who wrote this ebook actually is. While I'm not the person who likes to talk about how much I have achieved and what I've done, I'm definitely aware that having some kind of credibility and actually walking the talk is a very important thing.



I know it's necessary for you to know who you are taking advice from, because if you don't, you'll probably never make use of what I'm trying to teach you.

So let me quickly tell you something about the person who wrote this and why I wrote this guide for you.

After that it we're done with the boring stuff.

Promised.



Bar Brothers Groningen



Hello I'm Richard or Rich for friends and bros, I'm the guy on the picture who is looking a bit too cool in the camera for his own good and who is one of the founders of Bar Brothers Groningen.

A beginner in everything with a passion for calisthenics, nutrition, movement in general and I like to fly from bar to bar every now and then. Every day actually, if I'm completely honest with you ;).



A teacher once asked me: “What do you want to do with your life?” I said: “I want to fly”. The teacher said: “You don’t know your limitations. I said: “You don’t know your potential”.

The first thing you should know about me is that I had no patience in learning [the muscle up](#), so I decided to swing myself up - almost falling down - climbed up the bar with no technique or strength (Looking like a drunken monkey) to discover that my arms were as blue as the smurfs the next day.

Well, not completely blue (I have the tendency to exaggerate sometimes), but I did have huge bruises...

My first attempt however, tasted like [VICTORY!](#)

You see, I am someone who is does not like quitting and always tries focus on what I can and how far I am compared to where I was.

That’s why I am reaching out to you, because that’s what you are somewhere too.



Key Lesson 1: Show Up Or Shut Up

I have seen people change, turn around their lives, but only when they were willing to go to the training ground as often as they could. Until they stopped doing and started being.

You know, I think we don't really differ a lot.

Me and you.

Actually I think we are kind of the same.

That's why you found Bar Brothers just like me.

But the real Beast Mode part?

I have seen people completely change.

Turn around their lives.

Making no excuses.

That's the most beautiful and inspiring thing about Bar Brothers.



Speaking about Bar Brothers, I have met some great guys over the years who have joined Bar Brothers Groningen and eventually became the people who are now even training other brothers.

And I, I am just glad to be a part of it.

Without Bar Brothers, I would probably still be going to the gym, thinking that lifting weights is the best way to train, becoming completely imbalanced muscular and believing that being big equals being strong.



Key Lesson 2: Consistency Is Key

Do the same exercises over and over, rep after rep. Routine after routine. Small things become big over time. This compound effect can turn 1 brick into a wall, 1 dollar into a million and a beginner into a beast.



Instead, I have realized that body weight exercise is all about becoming stronger, leaner and more athletic; I have met really great guys and will always be grateful for this.

But I'm wandering off, let's talk about you...



Key Lesson 3: Commit And Don't Quit

Be committed and don't quit it, because every day is bringing you 1 step closer to your goals. Your body needs time to change. The problem with quitting? You'll never discover how close you were to succeeding.

You came here because you want better results, right?

Well, I want to help you, and here's why:

I know what it's like to feel like you have more to offer than you are doing right now and are not able to do so because you don't have the know-how, not because you lack smarts or experience or passion, but because you just haven't found that thing that makes it click for you.



The truth? *You are powerful. You are passionate. You matter.*

The only thing holding you back is a lack of people supporting you and understanding what you really need to activate your inner BEAST. There are people who push through and people who don't, and quite frankly if you are reading this you probably haven't experienced true beast mode body weight training yet. You haven't tapped into that BEAST MODE that is hiding deep inside you.

But that stops right now.

Not tomorrow, not next week or next month or even next year, but RIGHT NOW!

I want you to read through this ebook carefully, because you and me, we are going to change things...

Together with all the Bar Brothers around the world.

[We will persist until we succeed.](#)

BEAST MODE...ON!



Let's Meet the 3 Biggest Mistakes

*A person who has never made a mistake, has
never tried anything new.*

- Albert Einstein



Chapter 1: Let's Meet The 3 Biggest Mistakes

So you made it past the introduction.

By doing so you actually passed the first mistake, **want to know which one?**

It is the mistake you will make when you stop reading this ebook from this point on and it is the mistake you will make when you don't follow up.

But enough about mistakes, you got this far.

And I am happy to find you here on this page, because I have the feeling that we are going to get along pretty well.

First let me share some of my personal experiences with you. I want to show you why some people want to be Bar Brothers, but never succeed at it, while others go straight to Beast Mode territory.

There are three guys I want to introduce you to.



Don't spend too much time with them, because they will not get you far. *Still, it's good to know their names and their behaviours.*

- 1) First we have the **powerbar drainer**, this guy wants results waaaaaayyy too quickly. The person who tries to run a marathon, but can't walk.
- 2) Secondly we have **the bar hangers**, he always seem to be busy with the wrong things. Prioritizing everything except the one thing he needs.
- 3) Lastly, we have **the one armer**, stubborn as hell. Trying to cross the Atlantic Ocean by swimming without legs and arms, while people with boats are offering a ride.

All of us spend time with these three friends every now and then. And it's not a problem as long as it is every now and then. So let's take a closer look and find out more about your three worst best friends.

So we can finally...



1.1 The Powerbar Drainers

The Powerbar Drainer starts training, expecting that results will be obtained easily and without any long term effort.

The problem: They want to see quick results and expect to be rewarded for their effort with much more than ever will be the case in reality.

Essentially they want to go from 0 to 100 in under one second.

If you recognize yourself in this type of Bar Brother you should ask yourself: *"If I cannot run for 100 meters without*



being exhausted, should I just go run a marathon without any more training?”



Key Lesson 4: Success Requires Failure

“IN THE PROCESS OF LEARNING HOW TO WALK, you probably spent more time failing than you did succeeding. But did you ever have the thought of quitting? Did you ever tell yourself, “I’m not cut out for walking-guess I’ll crawl for the rest of my life?” No, of course you didn’t. So, why do you do that now?” Fail your way to success.

Their major pitfall is that they *try to change too much* and want to do everything at once and in the process fail. They look at people who have been training for years and expect to achieve the same level of skill within weeks.

Once the Powerbar Drainer realizes things are not as easy as they seem, they slowly start rationalizing and give up.



Saying things such as:

“I will never achieve this at this speed”

“I just don't have the discipline to get where I want to be”

“I am different and I am genetically less suitable for this kind of training”

They simply blow up their will power bar.



Think of your will power as a power up bar in a fighting game such as street fighter. Every time you try a new move/habit, you lose a little bit of your power.



The more difficult the move, the more you use up your will power. If you keep doing really difficult moves or in other words, *try to change huge will power requiring habits*, you will simply end up exhausted and will find ways to stop doing what you are doing.

For example: *If you can't do a normal pull up, but see other guys doing muscle ups and decide that you are going to give it a try. Once you realize you can't do it yet after trying 10 times, you blow up your will power simply because you are not ready for such difficult moves. You become disappointed and decide that calisthenics isn't something for you.*

The solution: *If you dose you moves, choose the right moves at the right time, give yourself time and think in terms of long term goals, you can celebrate you small victories and give yourself a moral boost in the process towards more difficult moves.*

For example: *If you can't do a muscle up, start [training your pull ups](#) until you master those. Focus on what you can do, not on what you can't do.*



What should you do?

- Think in small goals
- Focus on a maximum of 5 goals at once
- Focus on the things you can do and not on the things you can't

Do not expect to get the results you want, because you will only get the results you deserve. Deserving your results is not the same as 'expecting' your results. That's one of the first things you need to realize to actually get results.

Use your will power wisely and focus *[on the small goals first](#)*, because if you keep doing *[your routines](#)*, *you will be able to do a muscle up or a front lever/back lever before you know.*

1.2 The Bar Hangers

The bar hanger is always busy with hanging at the wrong bars: The beer bar, the snack bar or the candy bar.

The problem: He spends time on everything except training, *not because he does not want to*, but because he says he does not have the time to hang at the right bar. He'd rather become a candy bar loving cookie monster than a Hulk.

Guess who wins the fight...





Key Lesson 5: Don't Make Excuses, Make Adjustments

If you're overweight, do you tell yourself it's just your genetics? That your poor eating habits are too strong to break? Or, do you tell yourself you just haven't found the right solution yet, but you'll keep looking and trying.

In each of those cases, there are two stories. One you can control, and one you can't. If you focus on the story you can't control, you'll spiral towards failure. But if you focus on the story you *can control*, you'll spiral towards success.

Focus on what you can control and make that your obsession.

Source: *Riskology.co – Making Excuses Two Tales Of Extreme Hardship Illustrate The Science Of Success*

He likes to blame his unhealthy lifestyle on a busy life and *activities which are too time consuming*. No time to work out, no time for healthy food, but enough time to party, watch tv or play online games.



You often hear him say:

"I really want to start training somewhere next month, when I am done with this"

"I really want to eat healthy, I just don't have the time to do so"

"Today is not a good day, I just went out last night with my friends"

A Bar Hanger makes excuses not adjustments.

Quite honestly it is not about not having any time, *it is just about not setting a priority to work out and not being disciplined enough to push through.*

If your life depended on training *3 days a week for an hour* and by doing so you would at least add 10 years to your life, **wouldn't you simply find a way to make time?**

'Working out will add both years to your life and life to your years. Whether or not that's important to you, is up to you.'



In reality this actually is the case.

People that work out and eat healthy live longer than people who don't. *It just takes a few hours a week to add years to your life.*

The solution: This person really needs to determine *what's really important to him.*

What is important to you right now?

Don't tell yourself that you don't have any time for it, tell yourself that you haven't made it a priority. This does one important thing: it puts the responsibility for *your choices in your hands.*

When you are hanging at the bar having a drink and partying or sitting on the couch watching tv while eating a candy bar and *skip training the same or next day*, look at yourself in the mirror and ask yourself:

"Is this going to improve my body and strengthen my mind?"

Perhaps you *will come to realize* that those three hours of hanging at the bar are not going to get you where you truly



want to be or that the extra candy bar is not going to aid you in your Bar Brother journey.

In some cases it will in other cases it won't.

That's where you will have to make the right choices at the right time.

'It is not about having time or not, it is about setting priorities.'

If becoming healthy and fit is not a priority, you have to realize that you won't get there so easily. You really need to take that leap of faith.

If you are serious about becoming a Bar Brother, **this is what you should do:**

- Start putting training dates in your agenda
- Set clear goals, which focus on the process and not on the results. **For example:** *write down: 'I am going to train 3 times a week'.*



- And reward yourself afterwards. Having a drink and partying every now and then is not a sin at all, just make sure the reward comes after and not before the work is done.

"Never beat yourself up over the results, they will come. Just beat yourself up over not showing up for training when you are supposed to."

1.3 The No Armers

The No Armer is a no-brainer, he is really motivated and passionate, but tries to do it all by himself.

The problem: The No Armer is usually surrounded by people who pull him down instead of push him up. They tempt him continuously with bad habits such as *eating fast food and not training.*

Contrary to the Bar Hanger and the Powerbar Drainer, the No Armer does not make any excuses, especially when they love to prove everybody wrong.



They feed on the challenge to become their best self.



Key Lesson 6: Invest In Good Friends

There is a general rule of thumb which says that you are the average of the five people you spend the most time with. Which means if you don't have the results you want, you should take a careful look at the people you hang around the most. Are they pursuing the same goals you are? Are they positively contributing to your goals? If not, find friends that will, it's worth the investment.

The problem however is that not having any arms to support you makes pulling up yourself quite difficult after a while, *especially when you are doing repetition after repetition.*



They make it extremely difficult on themselves unnecessarily.

If you only spend your time with slackers and people who don't make training a priority and you will set yourself up for disaster.

Of course there should be a balance between relaxation and training. But choose your friends wisely.

The solution: Spend more of your time with motivated don't-take-no-for-an-answer people, who push you beyond your limits and you will set yourself up for success.



What should a No Armer do?

- Share your Bar Brother experience with the people in your environment and invite them to join, lead by example.
- Make your top five of people you want to hang around with more, provide them with value and be positive and motivated around them.
- Remember that you are responsible for your own results, even if people don't support you, don't give up, don't give in and find a way to spend more time with people who pull you up.



1.4 Summarized

'Find the people that pull you towards the bar, that challenge you and give you that extra rush of motivation. And be aware of people that do the opposite, having a supportive peer group will make everything else much easier.'

Now you have a clear picture of the behaviors and mistakes your worst best friends will make and **how to avoid them**.

The 3 Biggest Mistakes

Wanting to
achieve goals
too quickly

Setting the
wrong
priorities

Hanging with
the wrong
people

In addition to those mistakes you have specific solutions which you can use at any time to make sure you don't make the same mistake most people make.



These solutions are a very valuable part of your results. Don't underestimate them.

The 3 Simple Solutions

Focus on the
small
successes

Write down
your goals

Make your
top five of
people

There is nothing special or difficult about these solutions. But despite this, people still keep making the same mistakes.

With this knowledge you can make sure you are not one of those people who fail, but one of those people who succeed.



1.5 BONUS assignment: The book of achievements

You are actually not supposed to be reading this bonus part.

But because simply having a book of my own has made an ENORMOUS impact.

I really need to share this with you.

The cool thing?

You can immediately start writing down your small goals, big goals and make your top 5.

You need to carry it wherever you are.

Whenever you workout.

In the rain, in the snow or in the sun.

It's going to be your best friend.

Motivating you whenever you feel down.

Telling you what to do if you are lost for workouts.

It's your little 'book of achievements'.



FIRST GET A BOOK OF YOUR OWN TO WRITE IN BEFORE YOU CONTINUE READING.

The reason why I've written this in a size that is ridiculously big, is because this little tip is ridiculously important.

It can be a book, a map, a few pieces of paper anything you can write on.

If you are continuing anyways, well...

Then just make sure you get a book to write in after reading this.

It's worth it.

What you need to write in your book of achievements

The most important thing you need to write down in your book first are your goals for the coming year.



'What do you want to achieve?'

Which cool moves should you be able to do within a 12 month period if you are realistic.

Give an exact number of repetitions or seconds.

For example: 'By the end of this year (12-12-16) I want to be able to do 12 consecutive muscle ups'.

Write down at least 5-10 goals.

After that you write down your current weight and your goal weight, take a picture of yourself paste it in your book and you are all set to go.

And write down 1 crazy thing you want to achieve this year, it should make you smile.

Like: 'Juggling 3 bananas in the air while doing push ups'.

Achieving and writing down your goals is a serious thing, but just as much as it should be serious it should also be FUN.



How to stay motivated using your book of achievements?

This is just as important as having goals.

And it's essential for your motivation.

So read this carefully.

Before every training write down the exact date.

Write down what workout you are going to do and write down any additional notes, perhaps feelings.

Things you have done differently or stuff you have recently discovered.

After every training -no matter how short- write down the answer to this question: 'What have I achieved during this workout?'.

It can be anything.



It can be you eating a bunch of bananas while hanging on 1 arm (I don't know why I keep mentioning bananas, haha did it again).

It can be doing an extra push up when you felt like you couldn't.

It can be doing your first muscle up after 2 months of intense training.

WRITE IT DOWN.

Whenever you feel down or need some motivation, pick a few achievement pages in your book, read them.

And remind yourself of how far you have come.

Why a book of achievement works and the psychology behind it

So you might think: "Well, I'm not going to get a book, I'll use my phone".



Or maybe you think: “Pfff, do I really need to write all that stuff down”.

Some of you might even think: “Rich haha, you really want me to keep some kind of diary and stand up from the comfortable chair I’m sitting in right now?”.

In case you are still reading this, here is why you need to set goals, celebrate your achievements and WRITE it down:

1) Increase your learning quality

Studies show that when you actually write down stuff, it leads to higher quality learning, as writing is a better strategy to store and internalize ideas in the long haul ([source](#)).

So no phones, tablets, laptops or anything else.

Just plain old ink and some paper.



2) Change your brains' perception

More, research shows that an easy way to stay motivated and speed up your journey is by breaking down your big goals into mini-achievements.

By doing so you change your brains perception of the distance to your goal and you actually physically feel that you are moving towards it.

Additionally, you can actually make your brain think more positively by reminding yourself of how often you've succeeded in the past ([source](#)).

3) Wire your brain for success

So this is the part where it gets weird.

Basically what you need to know is this: 'There is a group of cells in your brain that work like Google, if you ask a question your brain looks through all your files and in your environment for and answer'.



Let's say you ask yourself right now: "Where can I find some water?", as you ask yourself this question your brain starts looking for places where you can find water.

The tap, a grocery store, your water bottle etc.

Whatever you focus on, your brain sees and all the other stuff just gets ignored ([video with proof](#)).

The same goes for writing down your goals.

As you write down those goals you start focusing your brain on achieving those goals.

You are more or less, 'wiring your brain for your own success'.

As soon as you write down: 'I want to get my first muscle up', your brain starts looking for information, experimenting with stuff and you are setting yourself up for that first achievement.

That's why you are reading this, because you at a certain point asked the question or set the goal: "I want to become



better at calisthenics or how can I achieve a calisthenic like body?”.

You have wired your brain, you just don't know it yet.

Am I freaking you out already?

In case you want to find out more about this, it's referred to as the 'Reticular Activating System'.

If your brain doesn't know the answer...Google it and your brain will find the answer to your question ;).

4) Are you ready to hardwire yourself for results?

If you could buy a \$0.99 book that would allow you to increase your chances of achieving the results you want by 100% would you leave it laying on the shelves or would you use it?

Whatever your calisthenics dream is, its success depends on your motivation.



You know all too well that the work you put into your body doesn't always pay off the way you want it to.

That's why you forget to pay attention to all the ways it does.

Think about the time you achieved that first pull up, your first push up or that first muscle up.

Think about all the effort you put into it.

Then ask yourself if you are going to let all that effort go to waste.

Now you can always remind yourself of what you have done, of all the blood, sweat and tears you put into this.

Whenever your disappointments or feelings of failure start hijacking your brain, look at your achievements.

Punch some holes into your bucket of negativity.

And fix the holes in your bucket of positivity, because every failure brings you one step closer to your success.

Start today.

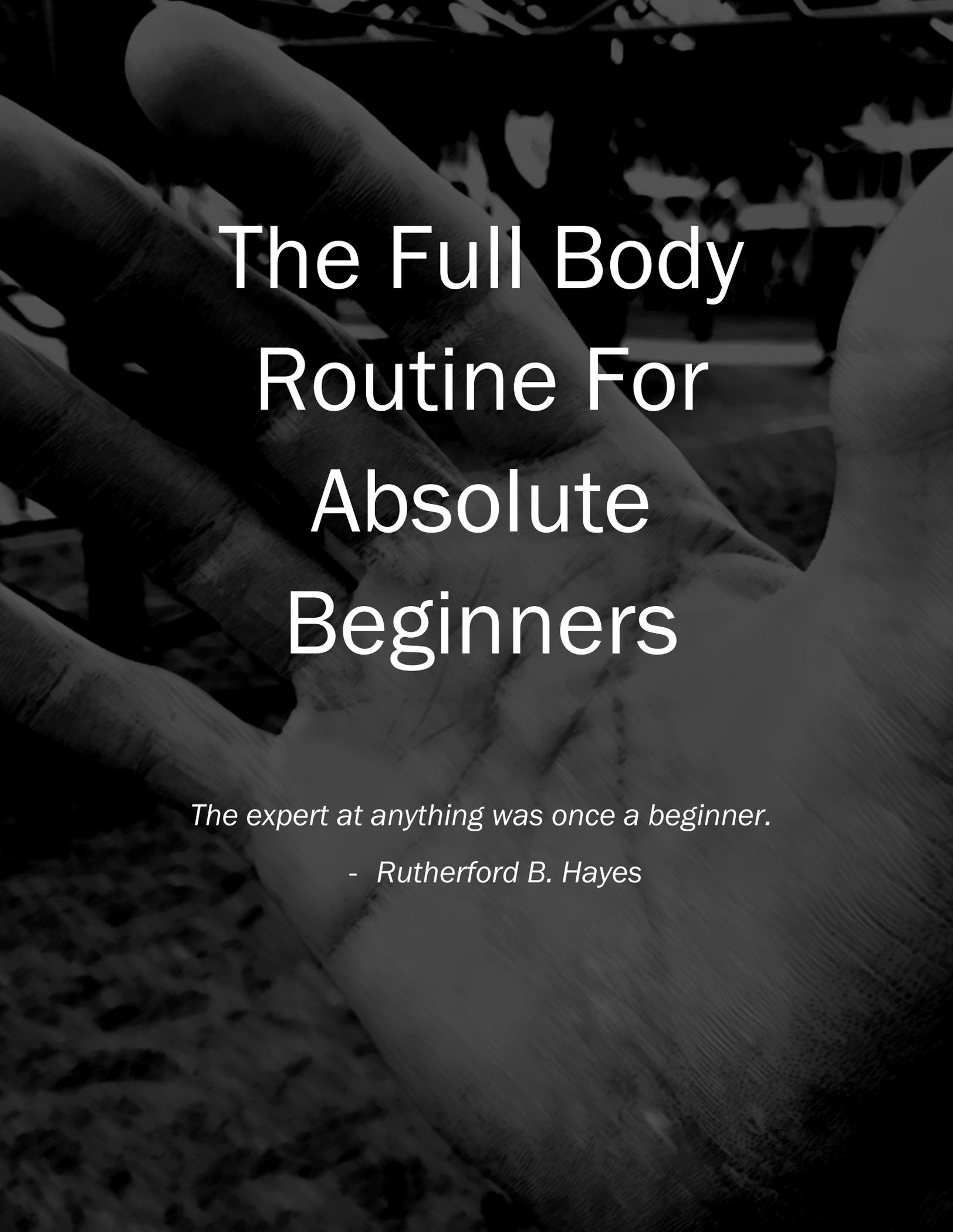


Get a book of your own.

Open it. Look at the empty first page of your book of achievements.

And before you do anything else...

WRITE THIS ON THE FIRST
PAGE: 'I PROMISE MYSELF, I
WILL NEVER GIVE UP'.



The Full Body Routine For Absolute Beginners

The expert at anything was once a beginner.

- Rutherford B. Hayes



Chapter 2: The Full Body Routine For Absolute Beginners

All you need to start your body weight workout training right now. Seven compound moves that you can use to train your entire body.

This is actually my favourite part.

The training part.

So I was thinking about a good beginner routine to start off with.

Would you like to have a routine you could do:

- Everywhere?
- Contains all the basics to body weight workout?

Well, that's possible.

The problem however is that you need to discover **where your limits are right now.**



If you are an absolute beginner, always aim for at least 5 repetitions of a certain exercise with correct form.

'Bar Brother training is about pushing your comfort zone and finding your limits.'

But to give you something to hold on to I will add a number of repetitions or time per exercise.

There are seven fundamental moves which you need to know when you start body weight workout.

The human body has 5 major muscle groups: **Chest, arms, legs, abs and back.**

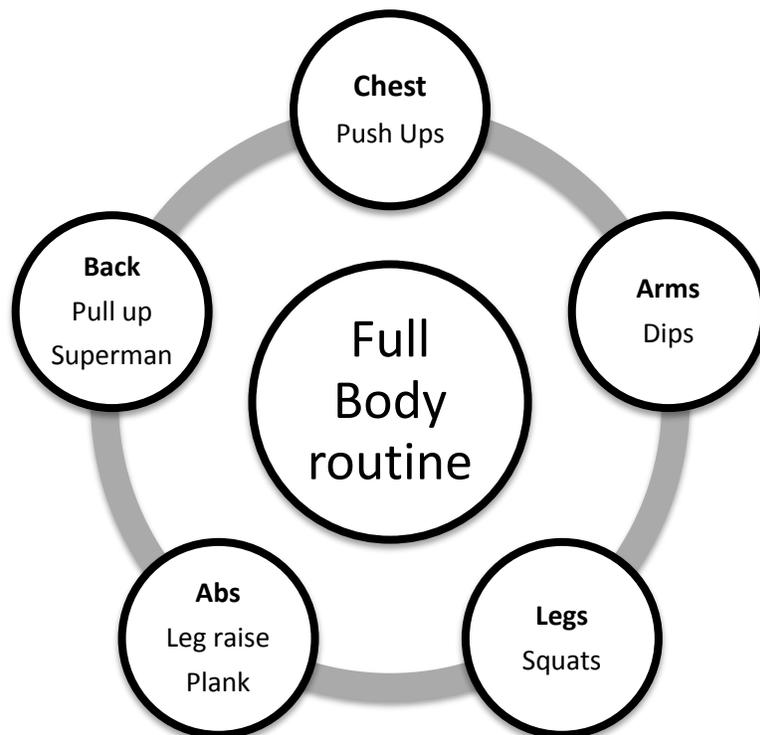
So if you want to train your entire body, make sure you workout all these muscle groups, through different pushing and pulling variations.

This essentially leaves us with a few basic exercises for beginners.

As with every construction - including the human body - the basics determine the overall strength of the construction. In the long run it really doesn't pay off the focus just on the chest because you want to look big in your summer t-shirt or just on the abs because you want a six pack, you need to focus on the entire basics as a whole.

If you don't , sooner or later the entire structure will collapse, because you are only as strong as your weakest link.

Once the basics are in check however, you can start focusing on more specialized areas, but only if you have the basics down first.

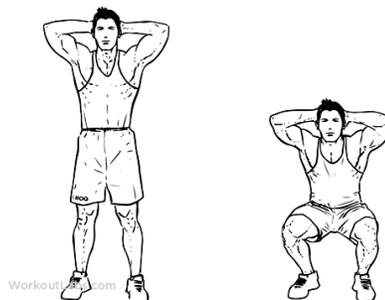


2.1 Bodyweight Squat

Main muscle groups: Glutes, hip flexors and quadriceps

Additional: Abs, calves and hamstrings

1. Stand with your feet hip width apart. Your toes should be pointing straight ahead or only slightly outward.
2. Cross your arms in front of your body, place your hands behind your head (prisoner squat) or at the sides of your head.
3. Keep your weight on your heels and bend your knees while lowering your hips towards the ground as if you are sitting down on a chair.
4. Keep your back straight at all times.
5. Continue until you feel a slight stretch in your quadriceps. Pause for a count of one. *Do not let your knees extend out beyond the level of your toes.*
6. Return to the start position by pushing down through your heels and extending your hips forward until you are standing straight. Repeat.

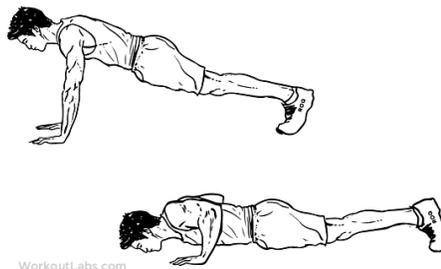


2.2 Push-up

Main muscle group: Chest

Additional: Abs, Shoulders, Triceps

1. Get into position by placing your hands flat on the floor, directly below your shoulders.
2. Extend your legs out behind you, with only your toes and balls of your feet touching the floor.
3. Hold your body up and keep your back straight by tightening your abdominal muscles.
4. Your neck and head should be bent slightly back.
5. Lower your chest towards the ground by bending your elbows until your chest is just above the ground or you feel a stretching of your chest and shoulders. Hold for a count of one.
6. Press upwards from your chest and shoulders, straightening your arms as you return to the starting position. Hold for a count of one.
7. Full video progression [here](#).

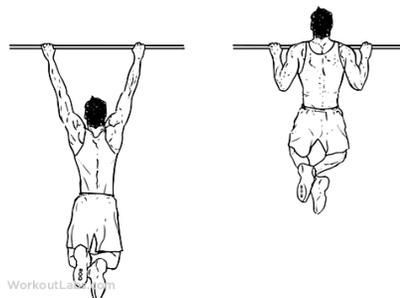


2.3 Pull-up

Main muscle group: Middle & Lower Back, Upper Back & Lower Traps

Additional: Biceps, Forearms, Shoulders

1. Standing under a pull up bar, reach up and hold onto the bar with an overhand grip. Make sure your hands are about twice your shoulder width apart.
2. Keep your arms straight and hang from the bar so that your arms are taking all of your weight.
3. Keeping your body straight and not swinging your weight, pull your body up towards the bar by pulling your elbows down towards your torso at an angle.
4. Continue lifting until your chest is nearly touching the bar. You should feel a “squeeze” at the base of your lats (about midway down your back and to the side) as they contract.
5. Once your lats have completely contracted at the top of the movement, slowly lower your body to the starting position and repeat.

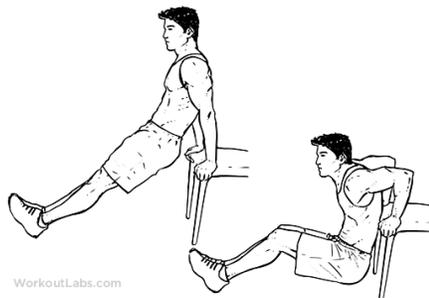


2.4 Chair Dips

Main muscle groups: Triceps

Additional: Shoulders

1. Sit on a chair with your hands either next to your hips or slightly under the hips.
2. Lift up onto your hands and bring your hips forward.
3. Bend your elbows and lower your hips down, keeping shoulders down and hips close to the chair.
4. Push back up but don't lock your elbows and repeat.

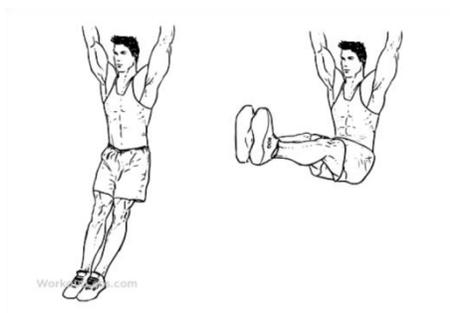


2.5 Half leg raises

Primary muscle group: Abs

Additional: Shoulders & Lower arms

1. Grab the bar with an overhand grip, slightly activate your shoulders.
2. Straighten your legs and lift your legs up to a 90 degree angle.
3. Make sure you move your legs up and down in a controlled way.
4. Full video progression [here](#).

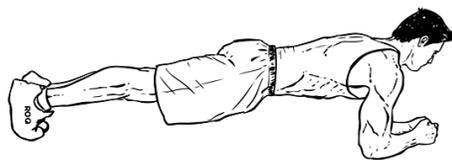


2.6 Plank

Primary muscle group: Abs & Back

Additional: Triceps

1. Get into a face down position on the floor supporting your upper body on your forearms. Your elbows should be bent at 90 degrees.
2. Extend your legs straight out behind you, supporting them on your toes and balls of your feet.
3. Keep your body in a straight line by tightening your abdominal and oblique muscles.
4. Hold for as long as possible.



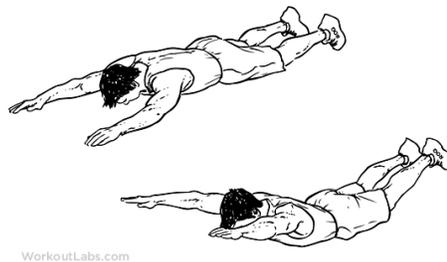
WorkoutLabs.com

2.7 Superman / Extended Arms & Legs Lift

Primary muscle group: Middle & Lower Back

Additional: Abs

1. Lie face down on a mat, with your arms fully extended above your head and your legs fully extended behind you.
2. Lift your chest, arms and legs off the floor by arching your back. Only the tops of your quads and your lower abdomen should be in contact with the floor.
3. Hold for a count of 2 while squeezing your abdominals and obliques.
4. Return to the starting position for a count of one, then repeat.

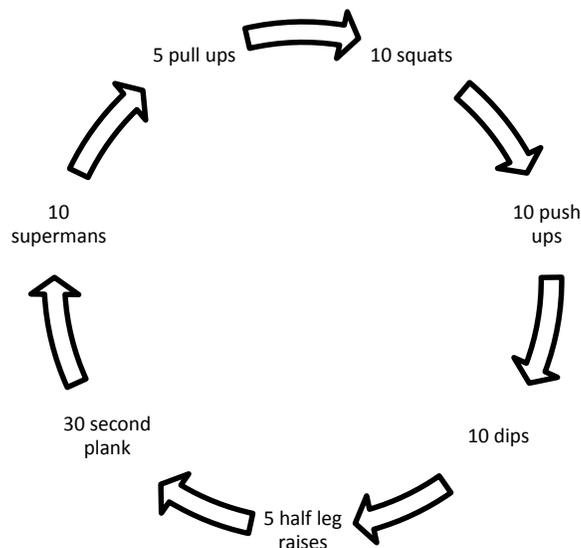


2.8 Compose your own fully body routine

Regardless of which level you start at, make sure you start with a proper [warming up](#).

Based upon these seven compound movements you can set up your own routine. Depending on your goals you can emphasize certain exercises (e.g. dips for arms, or squats for legs)

So here is a full body routine to start with:



Do this for 3-4 rounds and you for a complete full body workout.



In case you don't have a pull up bar (Get one!). Read the [no equipment guide](#) to make one or use your door as an alternative for the time being.

Instead of hanging leg raises do a variation in which you lay down on the floor, remember however, there isn't a replacement for pull ups.

2.9 Reps and sets

A lot can be said about the right amount of repetitions and about the right amount of sets.

What you need to know is this: If you are just starting off as a beginner, aim for 5-12 reps of 3-4 sets.

Which exact [range of repetitions and sets suits you best](#), depends all on your goals

Testimonials

"I feel great with the course that was given and the workouts. I hope that Rich and Bar Brothers Groningen can keep up the good work to keep motivating other people to strive and continue their workout no matter what obstacles hit them. Thank you."

- Kendrick

"The challenge and the workouts are great, not a bad word of it. I learned a lot new things and it was challenging, yet pleasant. I felt awesome afterwards. I'm sure you will help a lot of people to get a kickstart on their training and healthy lifestyle."

- Teemu





and overall body composition amongst many other factors.

Don't beat yourself up and don't set your goals too high...remember the powerbar drainer?

Just trust the process and you will see improvement before you know it.

Simple as that!

'There will come a moment when you will look at someone and think: "I will never reach that level". When that moment comes, realize that at that exact same moment someone is looking at someone like you, thinking the exact same.'

2.10 BONUS assignment: The Sally Challenge

By far one of the best and funniest challenges you can do when starting with body weight workout is 'the Sally Challenge'.



People usually think doing body weight exercises can't be that difficult, simply because the weight stays the same.

In reality this is not the case, by changing the way you position your body you can increase the intensity, by doing things with 1 limb you can increase the intensity and another way to increase the intensity is by increasing the time under tension.

'When people tell me they can't workout, because they don't have a gym and I tell them: "You don't need a gym". They usually look at me as if I'm nuts, after 15 minutes of calisthenics and me yelling at them: "One more rep, BEAST MODE!", they still look at me as if I'm nuts, but for a different reason.'

And that's the method we are going to use for this challenge and which you can add to your toolbox after this assignment.

The next time someone tells you a push up cannot be made any more difficult, challenge them for a Sally stand off!

So here is the assignment.



It's basically 3 minutes of time under tension in a certain exercise by following the lyrics in a song.

Every time you hear "Bring Sally up" you push/pull yourself up and every time you hear "Bring Sally down" you lower yourself down.

Here is what you need to do:

- 1) Choose any of the absolute beginner exercises you would want to do right now
- 2) Click on [this link](#) to get the song and to see a funny video
- 3) Listen to the lyrics while doing your exercise and enjoy.
- 4) Did I already mention 'enjoy' ;), well just in case I have forgotten..."enjoy".

5)

The Essential 6 Month Training Plan For Beginners

*I hated every minute of training, but I said:
“Don’t quit, suffer now and live the rest of your
life as a champion”.*

- Muhammad Ali



Chapter 3: The Essential 6 Month Training Plan For Beginners

Warning: Only read this part if you are confident that you are able to do the Full Body Weight Routine For Absolute Beginners. And If you aren't confident, you are probably still going to read it :P, just make sure you can do the basic exercises first. I don't want you to get any unnecessary injuries.

So by this point, I'm sure about 2 things.

- 1) You are someone who acts, not someone who talks.
- 2) You actually want to do this Bar Brother thing you just discovered.

But you also want to know how you can do this as efficiently as possible.

Which is just as important as working hard.

Knowing what to do...exactly.



The problem is that you are new to this and there are tons of routines on the web, but which should you do?

Well, here's the good news...*this question has been asked before.*

Although I am hesitant to tell you exactly what to do, because it really differs per individual, I can give you a clear six month calisthenics workout plan which will benefit most beginners.

Of course it's not going to fit all of you, but keep what is useful, discard what is useless and add what works for best for you.

I have decided to set up a simple 6 month plan for calisthenics which an absolute beginner can use to start training and to make the first step towards passing [the official Bar Brother exam](#) to become an official Bar Brother.

Note: This 6 month plan is an additional tool which you can use if you aren't able to get the [12 week system](#) at this point. It's not a replacement by any means and if you are a beginner, I can definitely recommend video explanations over



diagrams, because it will reduce the errors you make in your execution.

Still, in the 6 month plan is a valuable free tool that will help you prepare for the requirements and every month has its own challenge.

Which means things aren't going to become easier, but you are going to get stronger...

First of all to start this six month schedule you need to be able to do:

- 10 push ups
- 5 pull ups/chin ups
- 10 squats
- 5 dips

Don't have the fundamental strength for those exercises yet?

[1. Find a push up progression routine here](#)

[2. Find a pull up progression routine here](#)



With regard to the squats and superman, you will have to do the exercises just the way they are described in the ebook.

If you meet these requirements, prepare for six months of Body Weight Beast Mode training!

[Click For The Plan](#)



The Full 12-Week Video Workouts System

*The body of your dreams is within your reach,
you just have to work hard and believe in
yourself.*

- Lazar



Chapter 4: The Full 12-Week Video Workout System By Dusan And Lazar

As you probably have noticed already. There are no video tutorials in this Ebook (Duhh).

Thankfully the founding fathers of the Bar Brothers made sure both you and I can have access to full video explanations on how to do every exercise.

The [ultimate calisthenics video workout program](#).

It's actionable, practical and guess what...? It can be done EVERYWHERE. Rock solid. No bullshit, all about making progress fast. The Bar Brothers have poured their hearts and soul into this product.

And the system will not disappoint you as a beginner.

Thousands of Bar Brothers and Sisters are working out on the system right now and the results have been so amazing that



I'm not even going to try to convince you.

So What Is The System About?

It's about you getting the best possible results. No excuses. 12 weeks of private coaching. Video tutorials.

Step-by-step breakdowns.

Daily routines to keep you going. Complex movements to stimulate multiple muscle groups at the same time.

Build muscle faster. Get better results. And become bigger than you have ever been. And much, much more...

Is The System For Me?

Only if you are committed, only if you really want results.

If you are 'kinda sure', don't bother reading any further.

Because it's not only about training. It's about changing yourself and taking control of your life.

Developing both mental and physical strength.



The system is for everyone who wants to get more out of life.

Bar Brothers around the world have shown the effectiveness of calisthenics.

The stories of 'transformations' are pouring in on a daily basis.

Everybody can get results now. Are you up for the challenge?

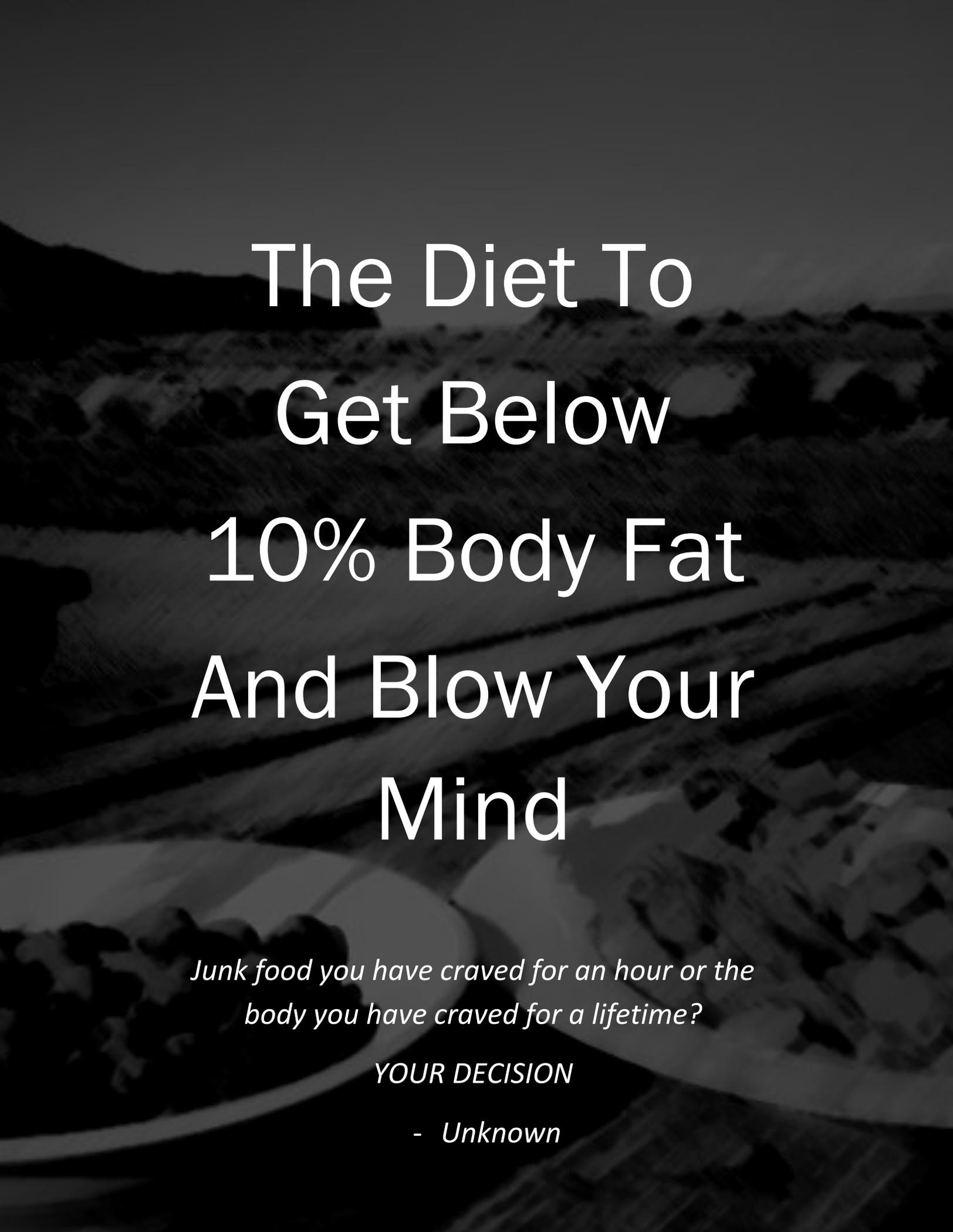
If the answer is: "Yes", let get started!



THE SYSTEM

A STEP BY STEP 12 WEEK CALISTHENICS PROGRAM
THAT WILL TRANSFORM YOUR MIND AND BODY

[Click Here To Start](#)

The background is a dark, grayscale image. The top half shows a landscape with a road winding through hills. The bottom half shows a close-up of a plate of food, possibly a salad or a meal with vegetables and meat. The text is overlaid on this background.

The Diet To Get Below 10% Body Fat And Blow Your Mind

*Junk food you have craved for an hour or the
body you have craved for a lifetime?*

YOUR DECISION

- Unknown



Chapter 5: The Diet To Get Below 10% Body Fat And Blow Your Mind

Do you remember?

“Walking around without any clothes, with a big stone in your hand, a spear in the other and some animal skin to cover certain areas on your body. Looking for something, surrounded by wet leaves, during sunrise. Your adrenalin is pumping, your heart rate has just increased. You know you are close. But you can only see forest as far as the eye can see.”

No you probably don't.

Perhaps you remember this.

Let's start with something simple. Grab your book and stand up straight. Try touching the pages of the book with the tip of your nose.

Not that difficult is it?



That was your first assignment and you passed it effortlessly.

What if I would tell you that there used to be a time where doing what you just did, would be as difficult to you as:

- Solving Einsteins relativity problem for someone with an acute allergic reaction to the word math (Hatsjoe, oeps guess I'm guilty of that).
- Winning the Olympic gold medal for gymnastics with couch potato training on an [Epic meal time](#) diet containing hamburger, French fries and jack Daniels diet topped with bacon strips.
- Making Coca Cola a good tasting drink without the 10 cups of sugar (This is the most difficult one).

Sounds almost impossible doesn't it?

But to get back to the book part, first you had to learn how to stand up straight.

Then you had to learn how to hold a book by developing an awareness of your hands and fingers in relation to your book



and in addition you had to develop the coordination to bring the book or your nose to the page of your book.

And then we haven't even taken into account that you had to read and understand these strange figures on this white background which initially had no meaning to you, just like Chinese signs 好奇的小开溜！继续阅读 (Throw them in google translate and find out what it says).

Only after you learned all these things were you able to do what you just did. As with all new things, this process of learning something new did not go in a straight or fixed line, it went with ups and downs, but you learned it, only because you never gave up.

So what I am trying to lay the foundation for here, is that you are going to learn something new.

Something which might sound so ridiculous and farfetched to you that I will have to provide you with some grounded argumentation.

Don't worry.

All new things are difficult to understand at first, but I'll take you by the hand and give you scientific proof.



“So that guy in the forest, who is looking for something, has been hearing his stomach growling for a few hours. He feels razor sharp, just like the spear in his hand. Slowly he makes his way through the thick bushes to finally...”

We'll talk about that poor hungry guy later on.

He is going to teach you a lot about how your body was designed to work.

There is something you need to know...actually that's the reason why you are reading this.

I hate to break the news, but 95% of what you are doing right now with regard to your food is probably wrong. Look at it from the bright side, at least 5% is going great.

The new 'thing' this chapter is going to teach you is: 'how to eat'. You might think that learning how to eat is something which has to be researched and applied to such an extent that it cannot be done any better.



Bodybuilders, fitness guru's, doctors, researchers...All those people telling you what to do and some of it is right, but most of it is WRONG.

Did I just actually say that without a medical background?
'Yes, I did'.

You know why? Because most people don't practice what they preach, they apply modern day methods to an old prehistoric system.

And I'm not even talking about the marketing behind all those supplements.

Most people nowadays have a lot of difficulties with eating and by eating I mean **eating too much, for too long of things that have too little nutritional value.**

I used to be guilty of that too. Until things took a different direction.

Most diet-like-stories begin with: "I used to be really huge and by huge I mean 240 pounds of excess weight, but after discovering diet X I lost 100 pounds in 5 months and today I have an under 10% body fat six pack."



Well...I wish I could give you that story, but I have never been overweight, I have never been super ripped either.

I always used to be in between, with a slightly athletic build.

I ate what according to modern standards was supposed to be good for me.

I never really felt energetic, I was tired all day, suffered from inflammation and worked out like hell, but never really seemed to get rid of that extra bit of fat and never really got the muscle definition I wanted to have.

Sounds less interesting, but 9 out of 10 people reading this book share the same experience.

You are probably one of them.

You have been eating healthy.

You have been working out regularly and you feel quite aware of how you eat and what you are supposed to eat.

At least that's what you think.

That's what I used to think, so we can shake each other's hand.



Let me ask you a few questions to see if we are talking on the same grounds:

- Breakfast is the most important meal of the day. Yes or No?
- Eating small meals is better than one or two big meals. Yes or No?
- Grains are the best source of carbs. Yes or No?
- Milk improves your bone strength. Yes or No?

Answer these questions quickly.

If you answered any of these statements with yes, I have to congratulate you, because you are in the same boat I used to be in.

Well, in terms of being wrong that is.

Because all of these statements are completely and utterly incorrect and false.



“As he is getting closer he hears the breath and the plants moving, it’s his first meal of the day. His heightened sense of awareness allows him to throw his rock pointed spear with a deadly accuracy while he is thinking about the meal he is going to eat. It’s a full hit...”

That must have felt like a full hit in the face with with a rotten fish too (Sorry about that, just had to put that one in this ebook).

You might think: “But if all these statements are incorrect, why has everybody been telling me this.”

That’s exactly what I thought, I’m not really going to get into depth with this.

But it’s just a combination of circumstances, I’d call it the disease of reductionism which I could write a complete ebook about.

Essentially it boils down to, the following: most science is based upon the idea that we can isolate a single source and say it has the same complex benefits as the whole which that single source comes from. Let’s say we discover that apples are healthy. So we slice an apple up in tiny pieces, and those



tiny pieces into even more tiny pieces until we discover something which we refer to as vitamins. What happens next is that we put that vitamin in a pill form –which resembles anything except an apple- and tell you that it’s just as healthy as an apple itself, in addition we add some ingredients to give it a nice taste and to make sure it can be compressed into a pill (This is a multimillion dollar industry). You don’t need to understand the complete reasoning; you just need to understand that a vitamin or supplement pill does not have the same nutritional value as an apple, nor will it ever have the same nutritional value no matter how fancy the name.

So what should you do, to not become an average dabbling Joe, with an average body and empty wallet due to expensive supplements and a worse than average health?

Besides reading this ebook...

I found something that worked and the guy in the bushes holds the key believe it or not.

The ultimate secret.



I hate talking about the ultimate secret, because most diets tell they discovered the ultimate secret, it sound like a marketing trick, which is always is.

Generally there is 1 simple question you can ask yourself and 1 simple rule of thumb you can use to start improving your diet today.

- **The main question you need to ask yourself:** How were you evolved to eat?
- **The simple rule of thumb you can use to improve your diet is:** If you great-great-great grandfather wouldn't be able to eat this, neither should you.

Still...it's something 95% of people still don't know the answer to this question, so technically you can call it an almost secret.

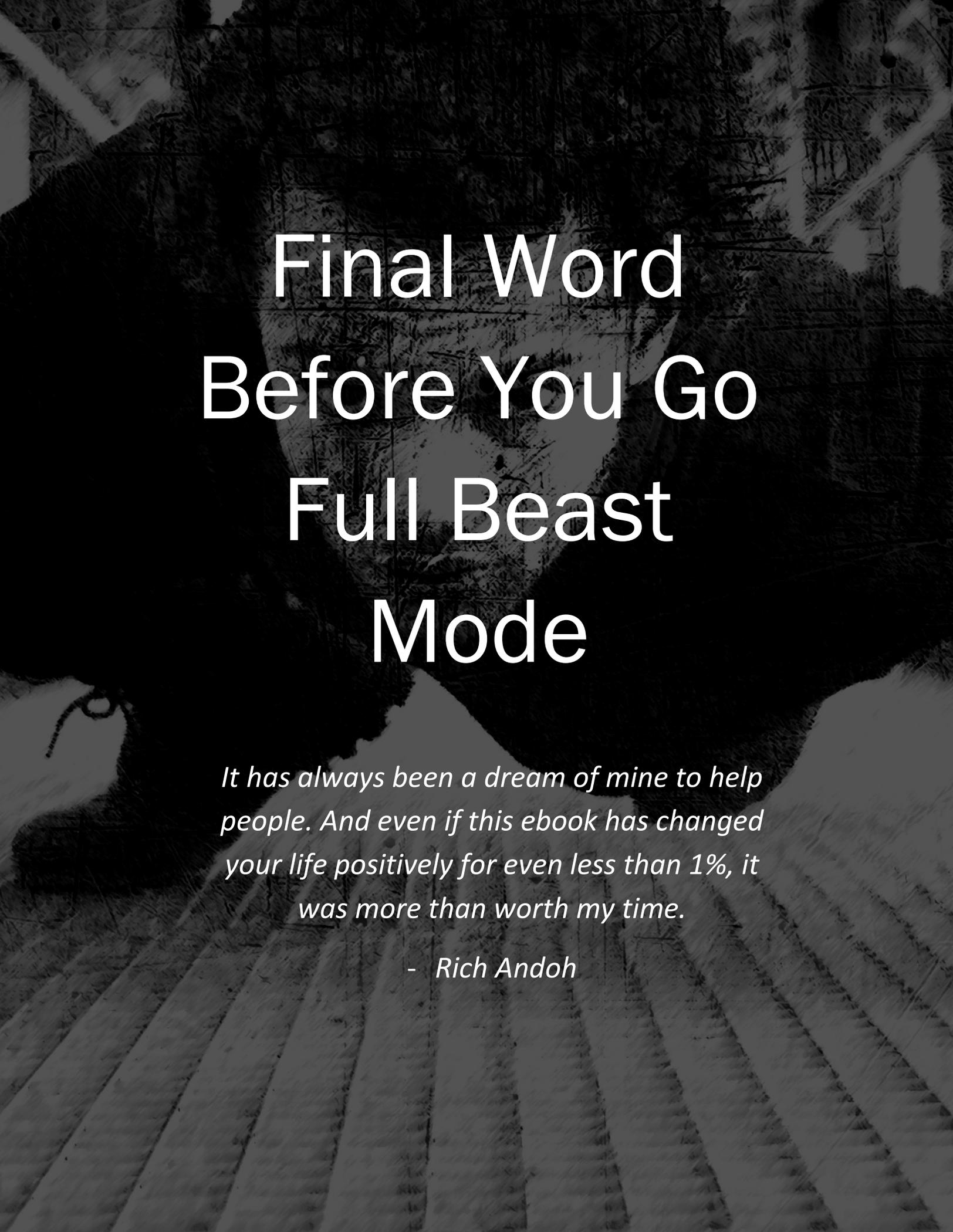
The further you move away from what you were originally designed to eat the more issues you will get down the road in terms of hormonal balances, fat loss and muscle development.



“You see it all happening from behind your computer screen. Sitting comfortably in your chair. It’s a documentary on National Geographic about our Palaeolithic ancestors. You probably haven’t noticed, but –compared to most of us- they aren’t obese, don’t suffer from diabetes, don’t have food readily available 24/7 and have never heard of fast food. You all see this happening while eating the a few slices of white bread with cheese or tasty cereals with milk, which you just grabbed from your refrigerator after a good workout session.”

Things have changed...

[Read More](#)



Final Word Before You Go Full Beast Mode

It has always been a dream of mine to help people. And even if this ebook has changed your life positively for even less than 1%, it was more than worth my time.

- Rich Andoh



Final Word: Full Beast Mode

Me: "So you made it? Which means you are ready."

You: "Ready for what?"

Me: "Ready to start you Bar Brother training."

I gave you my word.

Now it is time to give me yours.

Are you willing to succeed?

Are you ready to suffer the pain today to live the dream tomorrow?

I believe in you, now you have to believe in yourself.

Just like you, I came from far. I got seriously injured at a young age, which killed my dream of ever becoming a professional athlete.

But I never gave up, because I knew...

just like you.

That 'someday', I would reach my goals regardless of the obstacles.



And then I realized that someday does not exist.

And I know you realize that too.

No day in the week is called SOMEDAY.

'And if you keep believing in someday, no day will ever be YOUR DAY.'

We all have that teacher from the introduction who tells you:
"You can't fly", because that teacher is called 'life'.

So let's start TODAY...

Together, I'll be there when you need me.

I'll cheer you forward, when you do that muscle up and give you a kick in the ass when you want to prefer television over training.

I will give you advice when you feel down and show you the way when you are lost.



I will scream at you when you want to get that final set and
pull you up when you feel like giving up.

And I expect you to do the same for me!

Before you click away this PDF remember: 'Nothing is holding you back from getting results now, except from your fear'. It might be the fear of failing, the fear of weakness or maybe even the fear of fulfilling your potential. So right before you do click away this file, let me share this with you:

*"I will not fear.
Fear is the mind-killer.
Fear is the little-death that brings total
obliteration.
I will face my fear.
I will permit it to pass over me and through me.
And when it has gone past I will turn the inner
eye to see its path.
Where the fear has gone there will be nothing.
Only I will remain."*

It's time to destroy all those fears, excuses and obstacles. Because bro, from this day on...you and me.

We are going BEAST MODE...

FULL!



Bar Brother Resources

In case you're itching to get started, here are links to some resources you may find helpful:

- [The Renegade Diet](#) – For a complete guide on dieting.
- [The System](#) – The ultimate 12-week calisthenics video workout by Lazar and Dusan
- [The Bar Brother Beginner Requirements](#) – These requirements have been set up by Bar Brothers Groningen (Pass this exam to call yourself an official Bar Brother Groningen Division).
- [The Forum](#) – Get in touch with new bar brothers around the world here.
- [Facebook page](#) – Join the facebook page and get daily updates.
- [Personal facebook page](#) – Join my personal page and follow me on my journey
- [Instagram page](#) – Follow me on my daily journey from beginner to beast.
- [7 days of beast mode](#) – Enjoyed reading this ebook and the assignments? Join the 7 day challenge and get 7 days of hardcore assignments.
- **Questions?** – Reach me at info@barbrothersgroningen.com



Key Lesson 7: Remember All The Key Lessons And Do It!

Nothing is going to happen if you don't apply and remember all the lessons and routines in this ebook. No routine or lesson is going to work unless YOU make it work. It's on YOU now and nobody else. Now it's time to show yourself what I know you are capable of ;).

Thanks for reading this ebook and make sure to leave comments on the website and send me an e-mail I'd love to hear your story.



FAQ: Frequently Asked Questions

Q 1: Will I get results with calisthenics?

Read the ebook again ;). Yes you will, but only if you put in the time and effort. No system, method or exercise will give you results unless you make it work.

Q 2: What kind of equipment do I need?

You need dip bars and a pull up bar. That's all. If you are not able to get your own, make use of the alternative exercises which have been explained in the equipment chapter.

Q 3: Should I start with the full body routine, the 6 month plan or the system?

This depends on your personal preference and level of skill right now. The system will provide you with full video tutorials which are the most detailed of the 3 options. If you are not willing to make the investment you can always start with



either the 6 month plan or the full body routine. Note that the goal of the full body routine is to start the 6 month plan.

Q 4: What do I need to do to become an official Bar Brother?

First you need to pass the official exam. After passing this exam you have to upload it to youtube to show everyone that you meet the criteria. From that point on you can call yourself an official Bar Brother. There aren't any assessment organisations or people who are going to assess your exam personally. It's something you do to prove it to yourself and the Bar Brothers you are training with that you have the required skill level.

Q 5: Are Bar Brothers DC and Bar Brothers Groningen the same?

No, Bar Brothers Groningen is a chapter of the Bar Brother Movement. We were inspired by the official and first Bar Brothers who started in DC (They are the only original Bar Brothers) I however, have built this website, because there wasn't any information online about Bar Brothers and on how to become one. Fortunately more chapters are catching up! All thanks to the continuous effort of Dusan and Lazar.



Q 6: What should I eat?

Read the ebook again and click on the right links :P! What you want to stick to is a paleolithical diet in combination with intermittent fasting, where the basic premise is that if your great-great-great-caveman grandfather wouldn't eat it, you shouldn't either.

Q 7: I am a woman, can I also do Bar Brother exercises?

Yes. There is not a single reason why you shouldn't be able to do these exercises as a woman.

Q 8: Will you appreciate it if I send you an e-mail?

I am always motivated by the people who actually take the time to send me an e-mail, question, thank you or whatever. It makes it all worth while and make sure to share this with your friends and their friends.



Q 9: Is there any type of private coaching which you are willing to give?

Yes of course, but it's really only for serious people and I will only take people in who have completed the 7 day beast mode challenge.

Become A
BAR BROTHER

The Body Weight Workout
Starter Guide

“I want to inspire people. I want to show them what’s possible. And after all is said and done, I hope someone somewhere will look at me and say: ‘Hey, because of you I didn’t give up’. Because that person will be the reason I didn’t either.”

- Rich Andoh



[Read More](#)