



BODYWEIGHT
PROGRAM

POWERED BY CALAESTHETICS LLC

The right page features a dark, blurred background image of a man's face and shoulder, looking towards the right. The text is overlaid on this background.

BEGINNER
PROGRAM
PHASE I

BRENDAN MEYERS, EX. PHYS. FAU

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CalAesthetics LLC

West Palm Beach, Florida, United States of America



DEAR MEMBER,

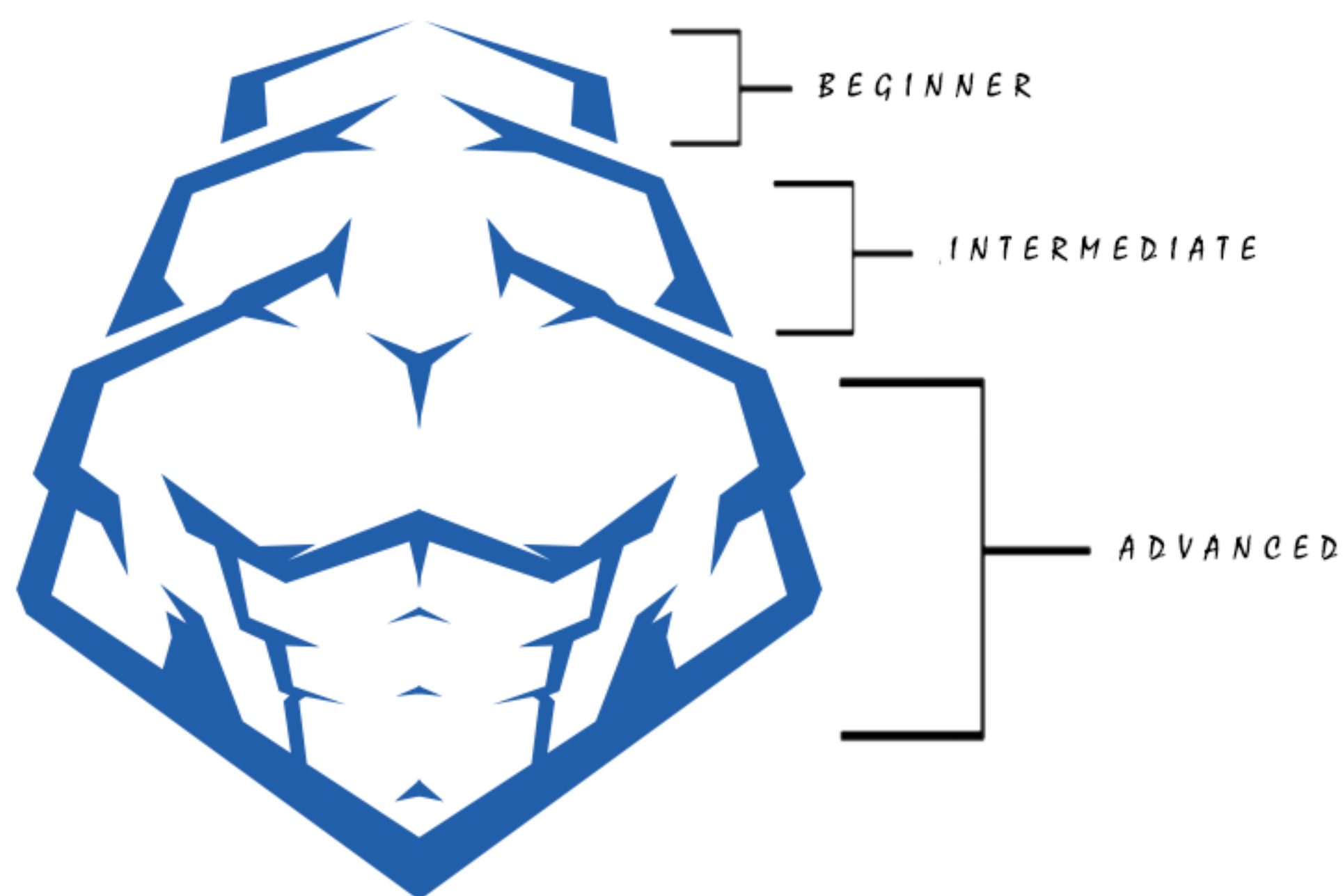
I HOPE YOU ENJOY THIS EFFICIENT **BODYEVO**
BODYWEIGHT PROGRAM. I HAVE NO DOUBT IT WILL
HELP YOU ACHIEVE YOUR PERSONAL FITNESS GOALS.
YOU DESERVE A LEAN, STRONG, AND FIT BODY, MY
REASONING BEHIND DEVELOPING SUCH A PROGRAM.

BEST,
BRENDAN

A handwritten signature in blue ink, appearing to read 'Brendan Meyers'.

Brendan Meyers, Exercise Physiology FAU
Creator, BodyEvo

JOURNEY BEGINS



CalAesthetic
BODY REACHED

WHAT IS CalAesthetic

Some may confuse *Calisthenics* for *CalAesthetics*. These words should not be used interchangeably. *Calisthenics* is the practice of bodyweight exercise (most recognized by push ups, pull ups and dips) while *CalAesthetics* is the journey one goes through using calisthenics as one of the building blocks to achieve a specific physique.

THE JOURNEY OF CalAesthetics

Like any other goal in life, a CalAesthetic body cannot be achieved in just one step. There will be many levels within your own path that you must overcome in order to find what you are looking. With this, we will provide specialized, beginner, intermediate and advanced program to assist you along your CalAesthetic journey.



SUPERSET

If there are grey boxes surrounding specific exercises, this means you will be completing a superset. This is when you take no rest between each exercises.

EXERCISE NAMES

Most exercises are properly demonstrated within the videos, there are only 3 phrases you need to understand in full:

- If the exercise says "Jump Up Into" then jump to get through the full exercise
- If the exercise says "Negative" then go down SLOW within the full exercise
- If the exercise says "On Knees" then stay on your knees throughout the full exercise.
- If the exercises says "Hold" then pause at the top of that exercise for designated time.

TOO EASY

If each exercise becomes too easy – increase the reps, take your knees off the ground, or don't jump up into the pull ups/dips.

REST BETWEEN SETS

Rest at most 1 minute and 30 seconds between each set.

DEMONSTRATION VIDEOS

Each superset for that specific day is demonstrated within the video attached.

STRETCHING VIDEO

Please refer to the flexibility training video attached for your stretching routine on rest days.

PROGRAM LOG

Within the program you will see a log to follow, be sure to use that to your own advantage!

TRANSFORMATION GUIDE

I have added a Transformation Guide that helps you understand what it takes to make the next step in your training! Check that out before you begin



DO NOT EAT/DRINK

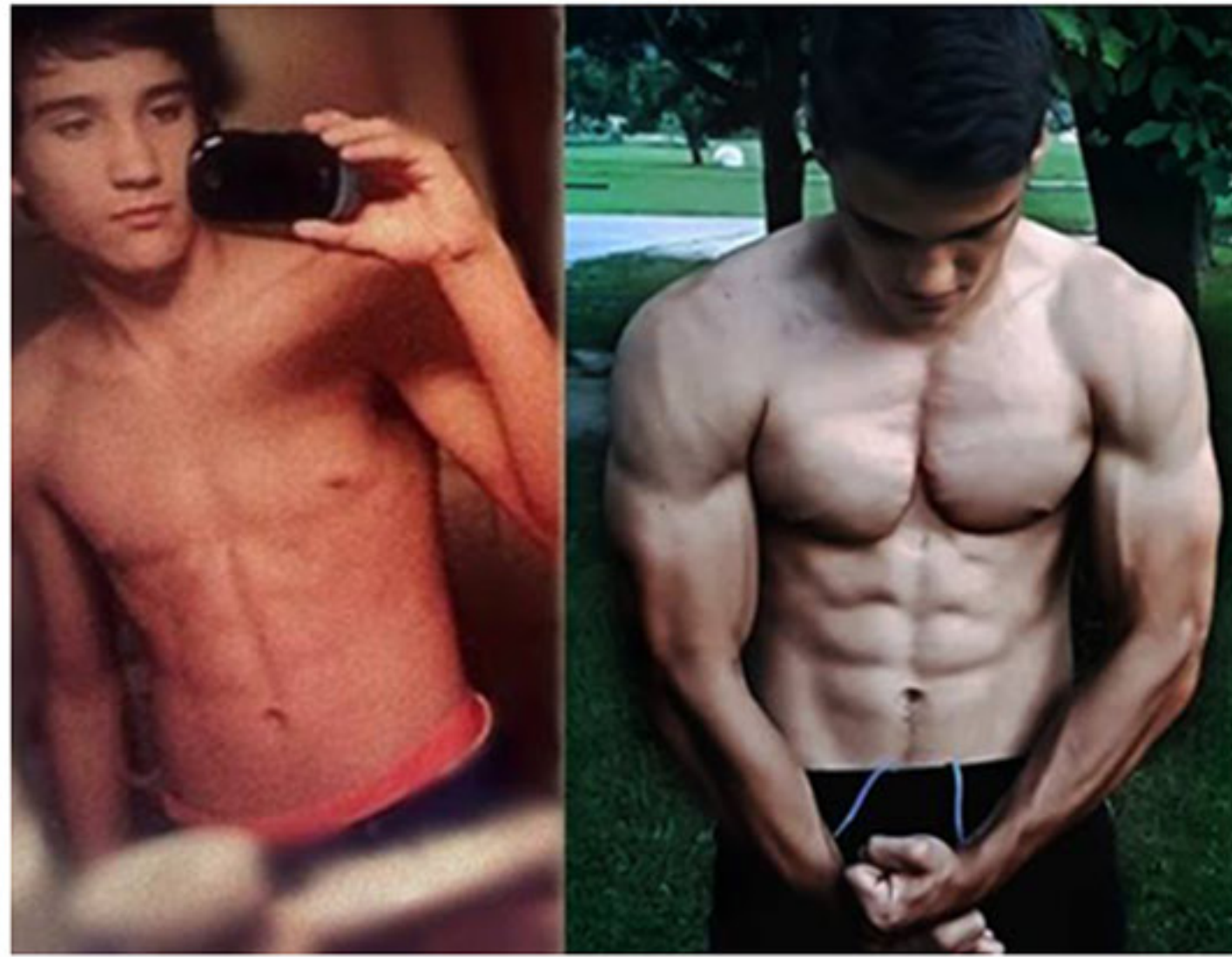
- **Sugary Drinks** (Soda, Lemonade, Coffee with a lot of Sugar, etc.)
- **Alcohol** (keep it to a minimum per week)
- **Fried Foods** (Grill everything you cook)
- **Fast Food** (Do not go to fast food restaurants!)
- **Processed Foods** (Huge mistake if you do... much of these products contain GMO, "natural" flavors, and many unhealthy ingredients)
- **Don't cook with olive oil, use Alvocado Oil**
- **Pastas** (You can eat some, just don't eat too much)
- **Dairy** (Has a negative effect on your digestive system – some diet programs are okay to have milk, cheese, etc.)
- **High Fructose Corn Syrup** (Watch out for this ingredient!)
- **Monosodium Glutamate** (Damages hypothalamus)
- **Dressings** (Try to use olive oil, salt, and pepper for salads)
- **Cereal** (So many bad ingredients)
- **Pasta Sauce**

FOODS YOU SHOULD CONSUME

- **Grilled Chicken**
- **Potatoes** (Sweet potatoes if you can)
- **Almond Milk** (Great substitution for milk)
- **Vegetables** (The darker the green, the better for the machine... try to eat a variety of veggies throughout the day... I like spinach, kale, carrots, tomatoes, celery, broccoli, cauliflower, string beans, peppers, onions, etc.)
- **Fruits** (Eat an apple a day, you keep the doctor away... variety is key with fruits as well... I like apples, pineapple, mango, pears, blueberries, strawberries, etc.)
- **Lean Ground Turkey**
- **ORGANIC FOODS** (This is the most important recommendation... be sure you are always eating organic foods)
- **Eggs!!!**
- **Almond Butter**
- **Oatmeal**
- **Hemp Seeds**
- **Almonds**
- **Grains** (You can consume grains, just be sure it is organic and you aren't eating too much)



BEFORE YOU START USING THIS PROGRAM, I ENCOURAGE YOU TO TAKE A PHOTO OF YOUR PRESENT BODY AND WHEN YOU FINISH THE PROGRAM, TAKE A ANOTHER PHOTO OF YOUR TRANSFORMATION AND SEND IT TO Brendan@CalAesthetics.co



MONTH 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	UPPER BODY	LOWER BODY	REST/STRETCH	REST/STRETCH	FULL BODY	REST/STRETCH	REST
WEEK 2	UPPER BODY	LOWER BODY	REST/STRETCH	REST/STRETCH	FULL BODY	REST/STRETCH	REST
WEEK 3	LOWER BODY	UPPER BODY	REST/STRETCH	REST/STRETCH	FULL BODY	REST/STRETCH	REST
WEEK 4	LOWER BODY	UPPER BODY	REST/STRETCH	REST/STRETCH	FULL BODY	REST/STRETCH	REST

MONTH 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	LOWER BODY	UPPER BODY	REST/STRETCH	REST/STRETCH	FULL BODY	REST/STRETCH	REST
WEEK 2	UPPER BODY	LOWER BODY	REST/STRETCH	UPPER BODY	LOWER BODY	REST/STRETCH	REST
WEEK 3	UPPER BODY	LOWER BODY	REST/STRETCH	UPPER BODY	LOWER BODY	REST/STRETCH	REST
WEEK 4	UPPER BODY	LOWER BODY	REST/STRETCH	UPPER BODY	LOWER BODY	REST/STRETCH	REST



BEGINNER PROGRAM

PHASE I

- Each (+) means go to the next exercise RIGHT AWAY with no rest. These are supersets
- If each exercise becomes too easy, increase the reps, take your knees off the ground, OR don't jump up into the Pull Ups/Dips
- Rest 1 minute and 30 seconds - 2 minutes and 30 seconds between each set
- Rest 3-5 Minutes Between Superset
- All supersets have been filmed for your demonstration
- *If and when you begin this program, you solemnly accept all responsibility and liability.*



FIRST TWO WEEKS

MONDAY | UPPER BODY

2 SETS	+ 4 Push Ups (On Knees) + 4 Inverted Rows + 6 Second Chin Up Hold
3 SETS <small>(Rest 2 Minutes Between Sets)</small>	+ 4 Negative Bench Push Ups (5 second count going down) + 12 Second Half-Way Hold Inverted Row on Dip Bar
REST	4 Minutes
2 SETS	+ 5 Jump Up Into Pull Up + 5 Knee Floor Tricep Extensions
2 SETS	+ 4 Explosive Push Ups (On Knees) + 15 Jumping Dips
3 SETS	+ 8 Seconds Push Up Pulsators (On Knees) + 6 EXPLOSIVE Supinated Inverted Rows on Dip Bar
1 SETS	+ Maximum Time Isometric Hold Wide Grip Pull Up + 4 Assisted Handstand Push Ups

Did you complete the sets?

YES | NO

TUESDAY | LOWER BODY

2 SETS	+ 8 Squats + 4 Lateral Explosive Lunges (Each Side) + 10 Hip Thrusters
2 SETS	+ 6 Quick Hamstring Hip Thrusters + 6 Vertical Jumps (8 Pause Explosive Squats if can't)
3 SETS	+ 4 Tuck Jumps (10 Forward Lunges if can't jump) + 4 Split Jumps (Each Side) (12 Split Lunge Squats if can't) + 6 Lunges (Each Side)
3 SETS	+ 8 Squats + 15 Second Squat Hold + 40 High Knees

Did you complete the sets?

YES | NO

REST DAY | WED THU SAT SUN

FRIDAY | FULL BODY

2 SETS	+ 10 Squats + 5 Knee Push Ups + 12 Beginner Head Bangers (Feet on ground)
1 SET	Max Jump Dips
REST	5 Minutes
3 SETS	+ 4 Vertical Jumps + 15 Squats
1 SET	+ 20 Yard Duck Walk + Max Jump Pull Ups
2 SETS	+ 12 Squats + 5 Knee Clap Push Ups
2 SETS	+ 6 Squat Jumps + 6 Assisted Handstand Push Ups + 12 Hip Thrusters

Did you complete the sets?

YES | NO



SECOND THREE WEEKS

REST DAY | WED THU SAT SUN

MONDAY | LOWER BODY

- 2 SETS** + 8 Squats
3 Explosive Lunges (Each Side)
- 1 SET** Maximum Squat Pulsators
- 3 SETS** + 5 Squat Jumps
10 Regular Hip Thrusters
- 4 SETS** + 10-15 Squats
15 Flexed Knee SLOW Hamstring Curl
- 1 SETS** 15 Split Lunge Squats (Each Side)

Did you complete the sets?

YES | NO

TUESDAY | UPPER BODY

- 2 SETS** + 7 Pause Explosive ONE KNEE Push Ups
12 Second Inverted Row HOLD
4 Negative3-count Dips
- 3 SETS** + 3 Jumping Chin Ups (if can't jump, complete 3 Second HOLD Chin Up)
3 Knee Clap Push Ups
8-10Dip Bar Head Bangers
- 3 SETS** + 4 Assisted Handstand Push Ups
10 Second Stutter Front Raises
10 Second STUTTER Posterior Delt Raises
- 3 SETS** + 6 Wide Grip Pronated Inverted Rows
8 Jumping Dips
4 Diver Knee Push Ups

Did you complete the sets?

YES | NO

FRIDAY | FULL BODY

- 2 SETS** + 6 Release and Explosive Push Ups FROM GROUND (On Knees)
5 Broad Jumps (if can't jump, 10 Speed Squats)
4 2 Second Chin Up Holds
- 3 SET** + 12 Squats
6 Negative 3-Count Dips
6 Split Jumps (Each Side)
- 2 SETS** + 15 Hip Thrusters
4 Negative Assisted Handstand Push Ups (3 Seconds Down)
7 Lateral Lunges (Each Side)
- 3 SETS** + 5 Assisted Handstand Push Ups
12 Head Bangers On Dip Bar (if no dip bar, Own Assisted Bicep Curls)
1-4 Wide Grip Pull Ups
- 3 SETS** + 8 Six-inch Crunches
3 Three-way Direction Single Leg RDL's
6 Type Writer Push Ups (side to side)
20 Second Squat Hold
10 Toe Touches

Did you complete the sets?

YES | NO



LAST THREE WEEKS *(try to do exercise without being on kness)*

REST DAY | WED SAT SUN

MONDAY | UPPER BODY

- 2 SETS**
 - + 2-5 Push Ups *(6 Clap Push Ups if can't do)*
 - + 1 Chin Up *(3 Negative Chin Ups if can't do)*
 - + 2Dips *(7 Jumping Dips if can't do)*
- 3 SETS**
 - + 7 Knee Clap Push Ups
 - + 5 Pause ExplosivePronated Inverted Rows
 - + 10 Floor Knee Tricep Extensions
- 1 SETS**
 - + 8 Jumping Wide Grip Pull Ups *(if can't do, 12 Inverted Rows)*
- 2 SETS**
 - + 10 Second Stutter Lateral Delt Raise
 - + 4 Jumping Close Grip Pull Up Hold
- 3 SETS**
 - + 5 Knee Practice Planche Push Ups
 - + 6 Jumping Pull Ups *(8 Pronated Inverted Rows if can't)*
 - + 10 Pronated Head Bangers *(on Dip Bars)*

TUESDAY | LOWER BODY

- 3 SETS**
 - + 12 Squats + 6 Vertical Jumps *(6 Explosive Squats if Can't Complete)*
 - + 7 Lateral Lunges *(Each Side)*
- 2 SETS**
 - + 4 Tuck Jumps *(if can't jump - 10 Yard Back Pedal)*
 - + 7 Single Leg Hip Thrusters
- 3 SETS**
 - + 2 Broad Jumps *(if can't jump - 15 squats)*
 - + 8 Mini Squat Jumps
 - + 10 Sumo Deadlift Squats
- 2 SETS**
 - + 15 Second Squat Hold
 - + 10 Single Leg Quick Hip Thrusters *(Each Side)*
 - + *(if no bench - 8 Slow Hamstring Curls)*
 - + 20 Second Squat Hold
- 2 SETS**
 - + 15 Stand Ups
 - + 8 Supermans
 - + 20 Bicycles

THURSDAY | UPPER BODY

- 3 SETS**
 - + 3 Push Ups
 - + 1 Chin Up & then 4 Jumping Chin Ups *(if can't do - 8 Inverted Rows)*
 - + 6 Second Dip Hold
- 3 SET**
 - + 5 Negative Knee Practice Planche Push Ups
 - + 6 Second Chin Up Hold
- 2 SETS**
 - + 3 Jumping Archer Pull Ups *(Each Side)*
 - + 2 Regular Dips
 - + 5 Second Dips Hold
- 3 SETS**
 - + 4 Push Ups *(On Knees if need be)*
 - + 8 Assisted Handstand Push Ups *(On Knees if need be)*
- 2 SETS**
 - + 4 Regular Head Bangers *(10 On Dip Bar if need be)*
 - + 8 Floor Triceps Extensions *(on Knees if need be)*
 - + Max Push Ups

Did you complete the sets?

YES | NO

Did you complete the sets?

YES | NO

Did you complete the sets?

YES | NO



LAST THREE WEEKS *(try to do exercise without being on kness)*

REST DAY | WED SAT SUN

FRIDAY | LOWER BODY

2 SETS

+ 12 Squats
+ 8 Hamstring Hip Thrusters (Fast) (Each Side)
(If no bench, 25 Second Hip Thrust Hold)

3 SETS

+ 6 Tuck Jumps (if can't, 12 Explosive Pause Squats)
+ 15 Second Pause Squat

2 SETS

+ 20 Figure Skates
+ 6 Explosive Lateral Lunges (Each Side)
+ 15 Yard Duck Walk

1 SET

30 Light Jump Squats

2 SETS

+ 12 Lunge Position Hip Extensions
+ 30 Calf Hops

Did you complete the sets?

YES

NO





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