



BODYWEIGHT
PROGRAM

POWERED BY CALAESTHETICS LLC

BEGINNER
INTERMEDIATE
PROGRAM
PHASE II

BRENDAN MEYERS, EX. PHYS. FAU

DISCLAIMER & COPYRIGHT

This book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.

The information provided in this book is designed to provide helpful information on the subjects discussed. This book is not meant to be used, nor should it be used, to diagnosis or treatment of any medical problem, consult your own physician. The publisher and author are not responsible for any specific health or allergy needs that may require medical supervision and are not liable for any damages or negative consequences from any treatment, action, application, or preparation, to any person reading or following the information in this book. References are provided for informational purposes only and do not constitute endorsement of any websites or other sources. Readers should be aware that the websites listed in this book may change.

Copyright © 2016 by CalAesthetics LLC

All rights reserved.

No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, write to the publisher, addressed "Attention: Permission Coordinator", at the address below.

CalAesthetics LLC

West Palm Beach, Florida, United States of America



DEAR MEMBER,

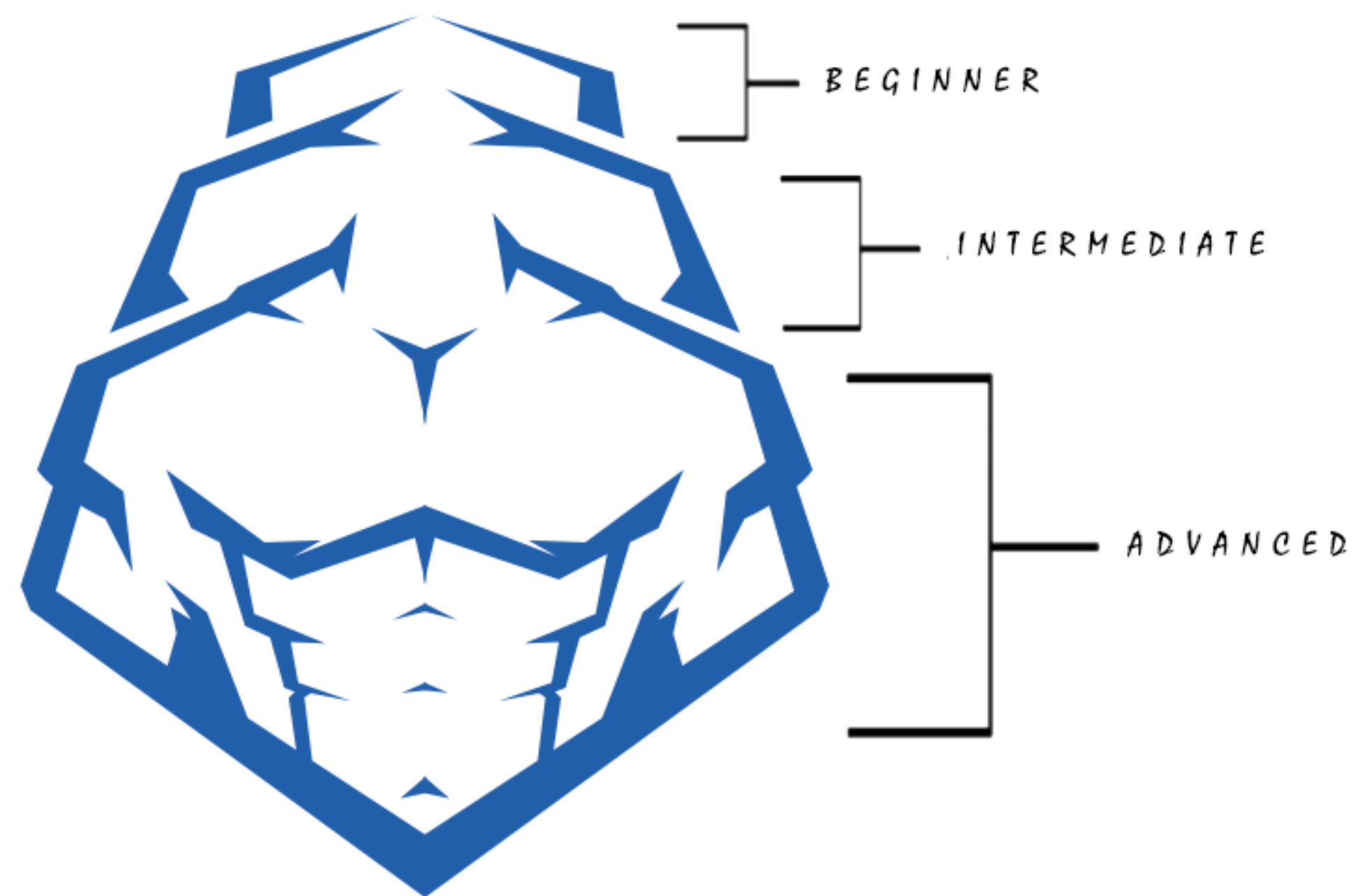
I HOPE YOU ENJOY THIS EFFICIENT **BODYEVO**
BODYWEIGHT PROGRAM. I HAVE NO DOUBT IT WILL
HELP YOU ACHIEVE YOUR PERSONAL FITNESS GOALS.
YOU DESERVE A LEAN, STRONG, AND FIT BODY, MY
REASONING BEHIND DEVELOPING SUCH A PROGRAM.

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

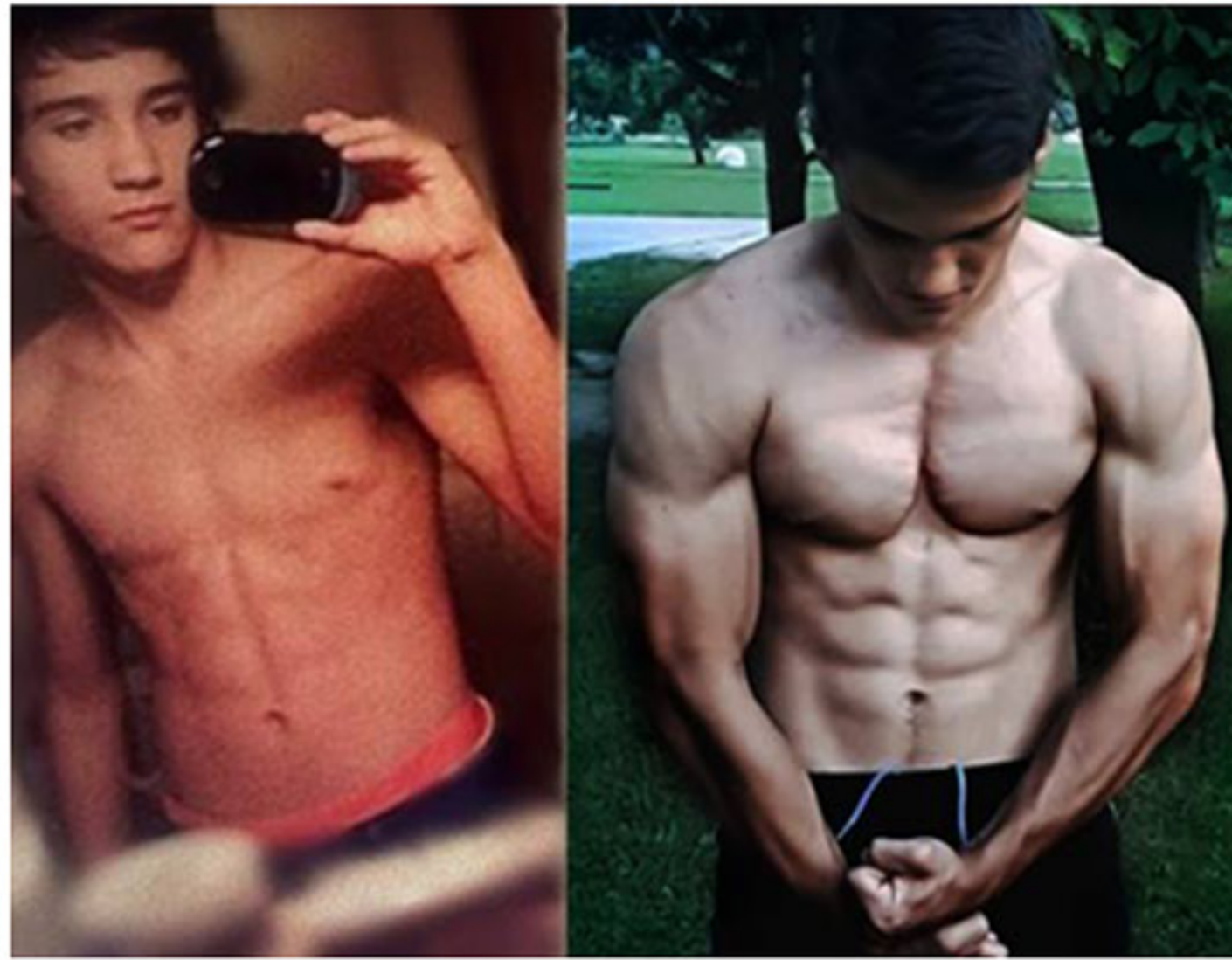
- **Sugary Drinks** (Soda, Lemonade, Coffee with a lot of Sugar, etc.)
- **Alcohol** (keep it to a minimum per week)
- **Fried Foods** (Grill everything you cook)
- **Fast Food** (Do not go to fast food restaurants!)
- **Processed Foods** (Huge mistake if you do... much of these products contain GMO, "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	UPPER & LOWER	REST/STRETCH	REST
WEEK 2	UPPER BODY	LOWER BODY	REST/STRETCH	REST/STRETCH	UPPER & LOWER	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

MONTH 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	UPPER BODY	LOWER BODY	REST/STRETCH	UPPER BODY	LOWER 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 INTERMEDIATE PROGRAM

PHASE II

- 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

REST DAY | WED THU SAT SUN

MONDAY | UPPER BODY

- 3 SETS** + 5 Push Ups
8 Second Close Grip Pull Up Hold
- 2 SETS** + 2 Clap Push Ups
9 Pronated Inverted Rows
6 Tricep Roll Unders
- 2 SETS** + 8 Assisted Handstand Push Ups
2-5 Chin Ups
3 Dips
- 3 SETS** + 6 Explosive Supinated Inverted Rows
6 Practice Planche Push Ups *(On Knees if can't complete)*
- 1 SET** Max Head Bangers

Did you complete the sets?

YES | NO

TUESDAY | LOWER BODY

- 2 SETS** + 12 Squats
6 Lateral Explosive Lunges *(Each Side)*
12 Hip Thrusters
- 3 SETS** + 8 Second Squat Pulsators
20 Yards Lateral Walks
20 High Knees
- 3 SETS** + 6 Assisted Pistol Squats *(18 Squats if can't complete)*
5 Quick Split Jumps *(Each Side)*
6 Multi Plane 45 Degree Lunges *(Each Side)*
- 3 SETS** + 12 Squats
20 Second Squat Hold

Did you complete the sets?

YES | NO

FRIDAY | UPPER & LOWER BODY

- 2 SETS** + 6-10 Assisted Handstand Push Ups
3-6 Dips
1-4 Wide Grip Pull Ups
- 2 SETS** + 3 Broad Jumps *(10 Walking Knee Get Ups if can't jump)*
4 Negative Bench Push Ups *(5 Seconds Down)*
(7 Seconds Stutter Push Up if no bench)
6 Lateral Lunges *(Each Side)*
3 FAST Chin Ups
- 3 SETS** + 15 Squats
3-6 Dips
8 Split Jumps *(Each Side)*
- 3 SETS** + 6 Clap Push Ups *(On Knees)*
10 Squat Jumps
1-3 Pull Ups
- 2 SETS** + Max Tricep Roll Unders
Max Squat Jumps

Did you complete the sets?

YES | NO



SECOND THREE WEEKS (taken from beginner program)

REST DAY | WED SAT SUN

MONDAY | UPPER BODY

- 3 SETS** + 3 Push Ups
+ 3 Negative Pull Ups (3 Seconds Down)
+ 8 Inverted Rows
- 3 SETS** + 2 Bench Push Ups (2 Explosive Ground Push Ups if can't do)
+ 10 Second Chin Up Hold
- 2 SETS** + 8 Floor Triceps Extensions
+ 5 Second Dips Hold
- 3 SETS** + 2 Clap Push Ups
+ 8 Assisted Handstand Push Ups
- 2 SET** + 12 Head Bangers (on Dip Bars)
+ 15 Second Isometric Hold Dips

Did you complete the sets?

YES | NO

TUESDAY | LOWER BODY

- 2 SETS** + 12 Squats
+ 3 Broad Jumps (if can't do - 8 Kneeling Step Ups)
+ 10 Bench Quick Hip Thrusters (if no bench, 15 hip thrusters)
- 3 SETS** + 15 Quick Jump Squats
+ 8 Lunges (Each Leg)
+ 15 Figure Skates (Each Side)
- 3 SETS** + 20 High Kneess
+ 4 Box Jumps/Surface Jumps (if can't do, 15 Yard Duck Walk)
+ 10 Leg Kick Backs (Each Leg)
- 3 SETS** + 8 Lateral Bounds (if can't do - 12 Explosive lateral lunges)
+ 8 Explosive Squats
+ 20 Second Squat Hold

Did you complete the sets?

YES | NO

THURSDAY | UPPER BODY

- 3 SETS** + 6 Push Ups
+ 2 Pull Ups
+ 4 FAST Dips
- 2 SETS** + 6 Explosive Inverted Rows
+ 5 Head Bangers
+ 3-4 Explosive Hip Tap Push Ups
- 3 SETS** + 12 Ground Tricep Extensions
+ 12 Pronated Head Bangers on Dip Bar
+ 10 Second Stutter Lateral Raise
- 2 SETS** + 4 Practice Planche Push Ups
+ 3 Chin Ups (if can't do - 8 Explosive Inverted Rows)
+ 2 Explosive Pause Dips
- 1 SET** Max Reps Pull Ups

Did you complete the sets?

YES | NO



SECOND THREE WEEKS (taken from beginner program)

REST DAY | WED SAT SUN

FRIDAY | LOWER BODY

3 SETS + 8 Pause To Explosive Squats
10 Lunges (Each Side)

3 SETS + 8 Split Jumps (Each Side)
+ 8 Single Leg Glute Kick Backs
+ 20 Calf Forward and Back Hops

3 SETS + 8 Single Leg Hip Thrusters (Each Side)
+ 8 Good Mornings
+ 8 Lateral Hip Walks (Working on Abduction)

3 SETS + 12 Sumo Deadlift Squats
+ 30 Calf Hops
+ 6 Vertical Jumps (If can't do - 12 Speed Squats)

Did you complete the sets?

YES

NO



LAST THREE WEEKS

MONDAY | UPPER BODY

- 3 SETS** + 3 Type Writer Push Ups
4 Five Second Push Arms into Ground Lat Exercise
- 3 SETS** + 2 Close Grip Pull Ups
4 Diamond Push Ups
12 Assisted Handstand Push Ups
- 3 SETS** + 8 Head Bangers
2 Wide Grip Pull Ups
10 Assisted Handstand Push Ups
- 3 SETS** + 3 Diver Push Ups
10 Second Bent Over Lateral Raise (Dip Bars)
6 Close Grip Inverted Rows
- 2 SETS** Max Dips

Did you complete the sets?

YES | NO

TUESDAY | LOWER BODY

- 3 SETS** + 4 Explosive Lateral Lunges
4 Squats
2 Squat Jumps
15 Second Squat Hold
- 3 SETS** + 3 Broad Jumps
6 Single Leg hip Thrusters (each side)
6 Lateral Lunges (Each Side) (3 count)
- 3 SETS** + 12 Stationary Lunges (Each Side)
12 Step Ups (Each Side)
- 2 SETS** + 20 Vertical Jumps
30 second Squat Hold
- 2 SETS** + 6 Split Jumps (Each Side)
10 Squats
6 Lateral Lunges (Each Side)

Did you complete the sets?

YES | NO

REST DAY | WED SAT SUN

THURSDAY | UPPER BODY

- 2 SETS** + 8 Tricep Roll Unders
3-4 Clap Push Ups
12 Supinated Inverted Rows
- 3 SETS** + 3 Type Writer Push Ups (Each Side)
4 Chin Ups
- 3 SETS** + 2 Pause Dips
12 Pronated Inverted Rows
6 Negative Push Ups (4 Seconds Down)
- 3 SETS** + 3 Bench Push Ups (if no bench, 8 Seconds of Pulsator Push Ups)
10 Second Wide Grip Pull Up Hold
20 Second Dip Hold
- 1 SET** Max Clap Push Ups
- 1 SET** Max Pull Ups

Did you complete the sets?

YES | NO



LAST THREE WEEKS

REST DAY | WED SAT SUN

FRIDAY | LOWER BODY

3 SETS

- 10 Squats
- + 12 Squat In & Outs
- + 10 Single Leg Hip Thrusters (Each Side)

3 SETS

- 6 Quick Squat Jumps
- + 6 Single Leg Alternating Get Ups
- + 6 Pause Explosive Lunges (Each Side)

3 SETS

- 25 Calf Hops
- + 15 Squats
- + 4 Lateral bounds (Each Side)

3 SETS

- 15 Second Assisted Pistol Squat Hold (Each Side)
- + 15 Hip Thrusters
- + 8 Quick Hamstring Hip Thrusters

Did you complete the sets?

YES

NO





POWERED BY CALAESTHETICS LLC



LIFESTYLE & WORKOUT APPAREL

Rep CalAesthetics

SHIRTS



HOODIES



**SHOP
APPAREL**
at
CALAESTHETICS.CO

JOGGERS



TANKS



HEADWEAR



CalAesthetics Nutrition



Shop supplements at CalAesthetics.co