



BODYWEIGHT  
PROGRAM

POWERED BY CALAESTHETICS LLC

INTERMEDIATE  
**PROGRAM**  
PHASE III

BRENDAN MEYERS, EX. PHYS. FAU

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CalAesthetics LLC

West Palm Beach, Florida, United States of America



DEAR MEMBER,

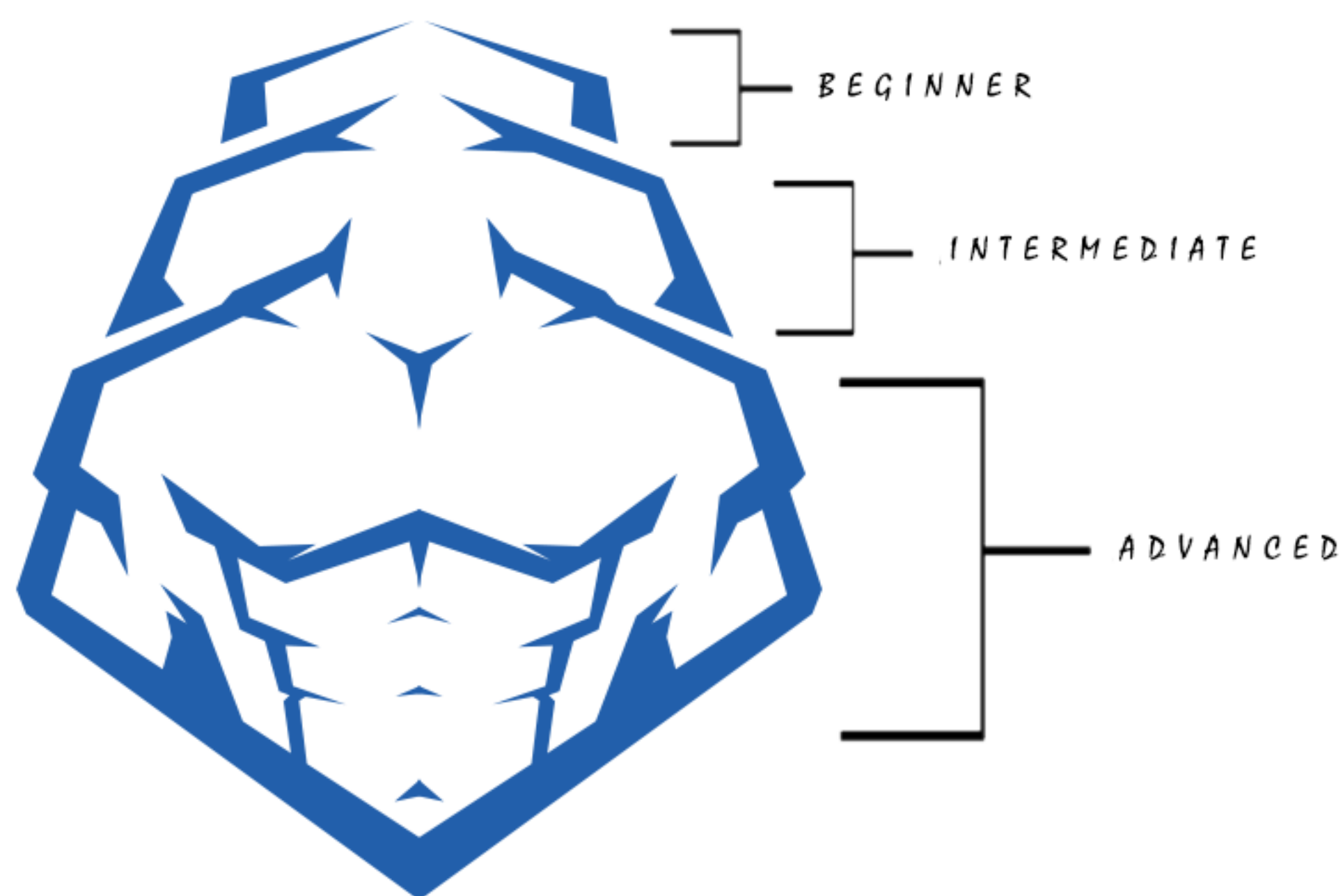
I HOPE YOU ENJOY THIS EFFICIENT **BODYEVO**  
BODYWEIGHT PROGRAM. I HAVE NO DOUBT IT WILL  
HELP YOU ACHIEVE YOUR PERSONAL FITNESS GOALS.  
YOU DESERVE A LEAN, STRONG, AND FIT BODY, MY  
REASONING BEHIND DEVELOPING SUCH A PROGRAM.

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

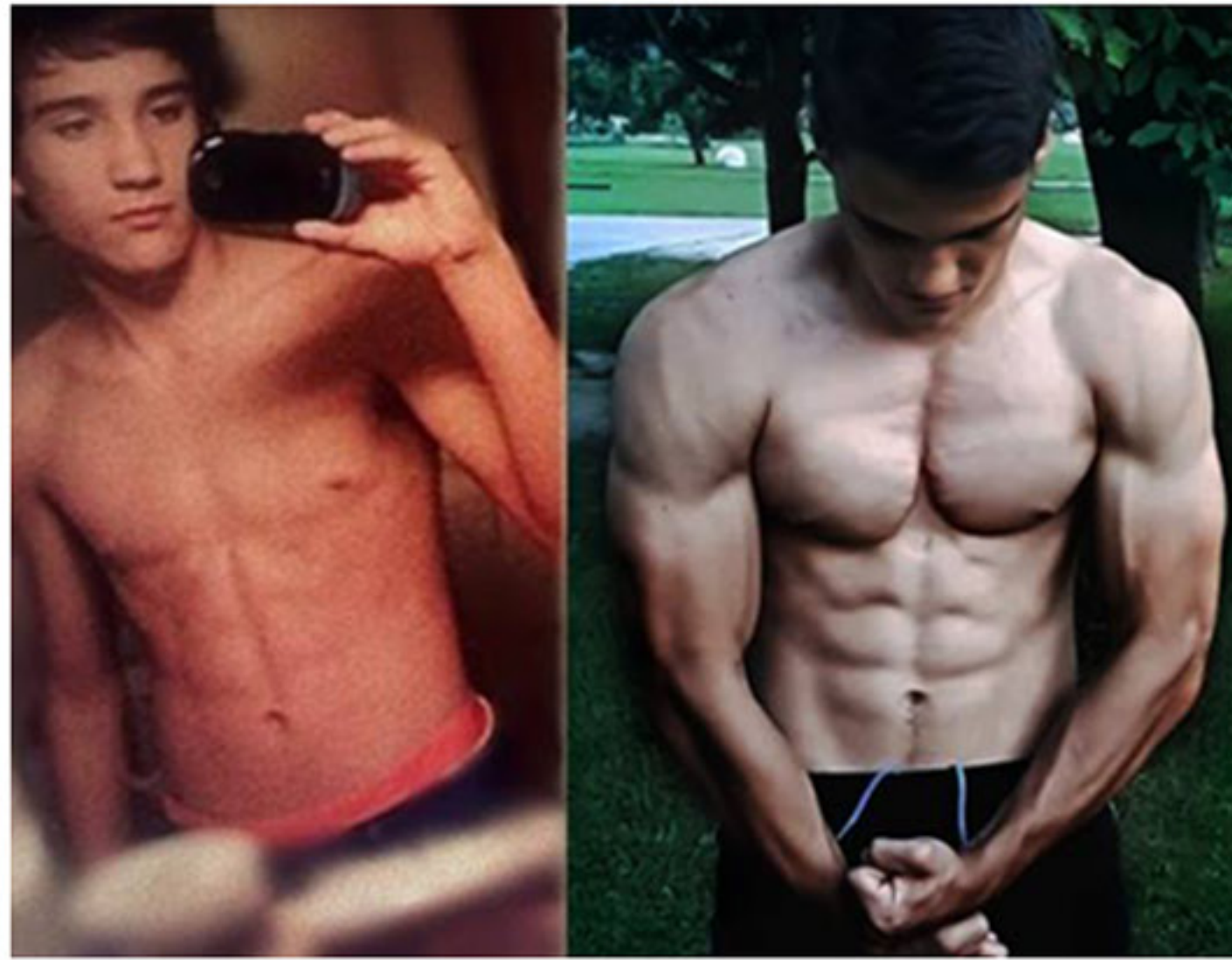
- **Sugary Drinks** (Soda, Lemonade, Coffee with a lot of Sugar, etc.)
- **Alcohol** (keep it to a minimum per week)
- **Fried Foods** (Grill everything you cook)
- **Fast Food** (Do not go to fast food restaurants!)
- **Processed Foods** (Huge mistake if you do... much of these products contain GMO, "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](mailto:Brendan@CalAesthetics.co)



MONTH 1	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

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





# INTERMEDIATE PROGRAM

## PHASE III

- 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**

<b>2 SETS</b>	+ 12 Push Ups + 7 Dips + 4 Pull Ups
<b>3 SETS</b>	+ 5 Explosive Pause Push Ups + 2 Type Writer Pull Ups (Each Side) + 12 Second Front Raise On Dip Bars
<b>3 SETS</b>	+ 10 Head Bangers + 12 Assisted Handstand Push Ups + 8 Explosive Pronated Inverted Rows
<b>3 SETS</b>	+ 4 Stationary Superman Push Ups + 3 Explosive Pull Ups + 3 Pop Off Dips
<b>1 SET</b>	Max Hip Clap Push Ups
<b>1 SET</b>	Max Close Grip Pull Ups

Did you complete the sets?

YES |  NO

**TUESDAY | LOWER BODY**

<b>2 SETS</b>	+ 10 squats + 6 Lunges (Each Side) + 12 Hip Thrusters
<b>3 SETS</b>	+ 12 Single Leg Glute Kick Backs + 6 Explosive Pause Lunges (Each Leg) + 4 Quick Split Jumps (Each Side)
<b>3 SETS</b>	+ 12 Lateral Walks + 4 Box Jumps/Surface Jumps (If can't jump - 12 Explosive Pause Squats)
<b>3 SETS</b>	+ 8 Lateral Bounds + 15 Squats + 30 Second Squat Hold

Did you complete the sets?

YES |  NO

**REST DAY | WED SAT SUN**

**THURSDAY | UPPER BODY**

<b>2 SETS</b>	+ 8 Pause Explosive Ground Push Ups + 4 Chin Ups + 5 Negative Dips (4 Count down)
<b>2 SETS</b>	+ 2 Type Writer Pull Ups (Each Side) + 3 Clap Push Ups + 10 Head Bangers
<b>1 SET</b>	+ 8 Roll Unders + 6 Pronated Head Bangers + 10 Second Lateral Raise on Dip Bar
<b>4 SETS</b>	+ 12 Assisted Handstand Push Ups + 10 Second Front Raise (Dip Bar) + 10 Second Posterior and Lateral Raise (Dip Bar)
<b>2 SETS</b>	+ 12 Inverted Rows + 4 Pop Off Bar Dips + 4 Diver Push Ups
<b>1 SET</b>	1 Max Reps Dips

Did you complete the sets?

YES |  NO



# FIRST TWO WEEKS

REST DAY | WED SAT SUN

## FRIDAY | LOWER BODY

<b>3 SETS</b>	+ 12 Squats + 12 Quick Hamstring Hip Thrusters <i>(if can't do - 12 Single Leg Hip Thrusters)</i> + 10 Second Stutter Squats
<b>3 SETS</b>	+ 8 Pause Explosive Lateral Lunges <i>(Each Side)</i> + 12 Single Leg Hip Thrusters <i>(Each Side)</i>
<b>3 SETS</b>	+ 6 Pistol Squats <i>(Assisted If Need Be)</i> + 4 Tuck Jumps <i>(if can't jump - 15 Yard Duck Walk)</i> + 3 Vertical Jumps <i>(if can't jump - 6 Slight Broad Jumps)</i>
<b>1 SET</b>	Max Quick Squat Jumps

Did you complete the sets?

YES

NO



SECOND THREE WEEKS

**MONDAY | UPPER BODY**

- 2 SETS** + 6 Dips  
+ 8 Push Ups  
+ 4 Pull Ups
- 3 SETS** + 2 Type Writer Pull Ups (Each Side)  
+ 10 Ground Triceps Extensions  
+ 3-5 Pronated Head Bangers
- 3 SETS** + 12 Assisted Handstand Push Ups  
+ 6 Pop Off Dips  
+ 8 Diver Push Ups
- 4 SETS** + 1 archer Pull Up (Each Side)  
+ 10 Forearm Pull Up Bar Swings  
+ 4 Wide to Close Push Ups
- 1 SET** Max Dips
- 1 SET** 5 Flagpole Attempts (Each Side)

Did you complete the sets?

YES |  NO

**TUESDAY | LOWER BODY**

- 2 SETS** + 7 Explosive Lateral Lunges  
+ 12 Squats  
+ 5 Quick Squat Jumps  
+ 15 Second Squat Hold
- 3 SETS** + 3 Broad Jumps (If can't do - 12 Yard Duck Walk)  
+ 10 Single Leg hip Thrusters (each side)  
+ 6 Lateral Lunges (Each Side)
- 2 SETS** + 12 Lunges (Each Side)  
+ 12 Step Ups (Each Side) (If no bench - 4 Broad Jumps)
- 2 SETS** + 5-8 Assisted Pistol Squats  
+ 20 High Knees
- 2 SETS** + 6 Quick Split Jumps (Each Side)  
+ 6 Speed Squats  
+ 3 Single Leg Multi Plane RDL's (Each Side)

Did you complete the sets?

YES |  NO

**REST DAY | WED SAT SUN**

**THURSDAY | UPPER BODY**

- 3 SETS** + 4 Hip Tap Push Ups  
+ 3 Explosive Pull Ups  
+ 6-8 Assisted Handstand Clap Push Ups
- 3 SETS** + 3 Type Writer Inverted Rows (Each Side)  
+ 3 Romanian Dips  
+ 4 Romanian Push Ups
- 3 SETS** + 10 Seconds Posterior Delt Stutters  
+ 6 Assisted Biceps Curls  
+ 4 Lateral Push Ups (Each Way)
- 1 SET** Max Reps Push Ups
- 1 SET** Max Reps Wide Grip Pull Ups

Did you complete the sets?

YES |  NO



## SECOND THREE WEEKS

REST DAY | WED SAT SUN

### FRIDAY | LOWER BODY

**2 SETS**

- + 10 Squats
- + 12 Single Leg Hip Thrusters (Each Side)
- + 10 Pause/Explosive Good Mornings

**3 SETS**

- + 5 Quick Jump Squats
- + 12 Lunge Hip Extensions

**3 SETS**

- + 6 Pistol Squats (Assisted if can't complete) (Each Side)
- + 12 Single Leg Hip Thrusters (Each Side)
- + 12 Single Leg Quick Hamstring Hip Thrusters (Each Side)

**2 SETS**

- + 8 Quick Broad Hops
- + 12 Single Leg RDL's (Each Side)

Did you complete the sets?

YES

NO



LAST THREE WEEKS

REST DAY | WED SAT SUN

MONDAY | UPPER BODY

2 SETS	+ 7 Pause Ground Release Explosive Push Ups + 5 Wide Grip Pull Ups + 7 Dips (Use Chair if not accessible)
3 SETS	+ 12 Assisted Handstand Push Ups (Each Side) + 3 Archer Pull Ups
3 SETS	+ 3 Attempted Back Levers + 12 Assisted Handstand Push Ups + 8 Practice Planche Push Ups
1 SET	Max Chin Ups
1 SET	Max Clap Push Ups

Did you complete the sets?

YES |  NO

TUESDAY | LOWER BODY

2 SETS	+ 8 Lunges (Each Side) + 10 Squats + 10 Hip Thrusters
3 SETS	+ 4 Tuck Jumps (If can't jump - 15 Yard Duck Walk) + 6 Quick Split Jumps + 6 Pop Off Hip Thrusters
3 SETS	+ 10 Single Leg Hip Thrusters (Each Side) + 6 Lateral Bounds (Each Side) + 12 Sumo Deadlift Squat Jumps
3 SETS	+ 15 Yards Diagonal "Duck Walk"/Lunge Walk + 6 Pause Lateral Explosive Lunges (Each Side)

Did you complete the sets?

YES |  NO

THURSDAY | UPPER BODY

3 SETS	+ 8 Pause Explosive Push Ups + 4 Explosive Chin Ups + 5 Pause Explosive Dips
3 SET	+ 10 Pronated Inverted Rows + 2 Attempted Muscle Ups + 4 Romanian Push Ups
2 SETS	+ 3 Romanian Dips (If no dip bar - 5 Romanian Push Ups) + 8 Assisted Handstand Push Ups + 2 Type Writers (Each Side)
1 SET	Max Archer Push Ups
1 SET	Max Reps Explosive Pull Ups

Did you complete the sets?

YES |  NO



# LAST THREE WEEKS

REST DAY | WED SAT SUN

## FRIDAY | LOWER BODY

- 3 SETS**
  - + 5 Box Jumps/Surface Jumps (If can't do - 8 Quick Broad Jumps)
  - + 3 Knee Get Ups (If can't do - 10 Quick Squat Jumps)
  - + 5 Squat Negatives (5 Seconds Down)
- 3 SETS**
  - + 8 Reverse Lunges
  - + 4 Single Leg Vertical Jumps (If can't do - 12 Lunges (Each Side))
- 3 SETS**
  - + 12 Single Leg Hip Thruster
  - + 20 Calf Hops
  - + 6 Assisted Pistol Squats
- 3 SETS**
  - + 8 Split Jumps (Each Side)
  - + 10 Pause Explosive Squats
  - + 20 Yard Duck Walk

Did you complete the sets?

YES

NO





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LIFESTYLE & WORKOUT APPAREL

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**HEADWEAR**



# *CalAesthetics Nutrition*



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