



BODYWEIGHT  
PROGRAM

POWERED BY CALAESTHETICS LLC

INTERMEDIATE  
ADVANCED  
**PROGRAM**  
PHASE IV

BRENDAN MEYERS, EX. PHYS. FAU

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CalAesthetics LLC

West Palm Beach, Florida, United States of America



DEAR MEMBER,

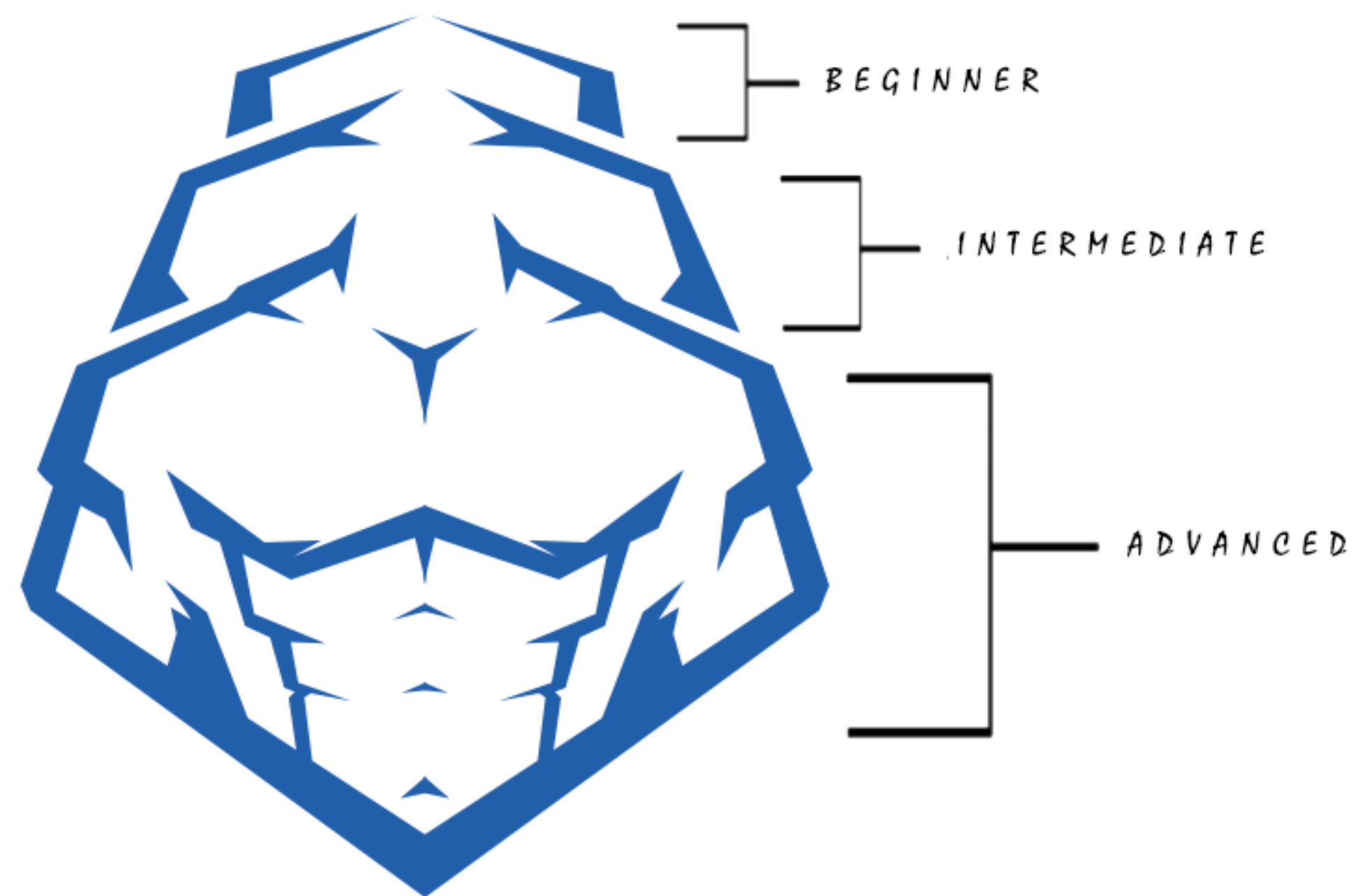
I HOPE YOU ENJOY THIS EFFICIENT **BODYEVO**  
BODYWEIGHT PROGRAM. I HAVE NO DOUBT IT WILL  
HELP YOU ACHIEVE YOUR PERSONAL FITNESS GOALS.  
YOU DESERVE A LEAN, STRONG, AND FIT BODY, MY  
REASONING BEHIND DEVELOPING SUCH A PROGRAM.

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

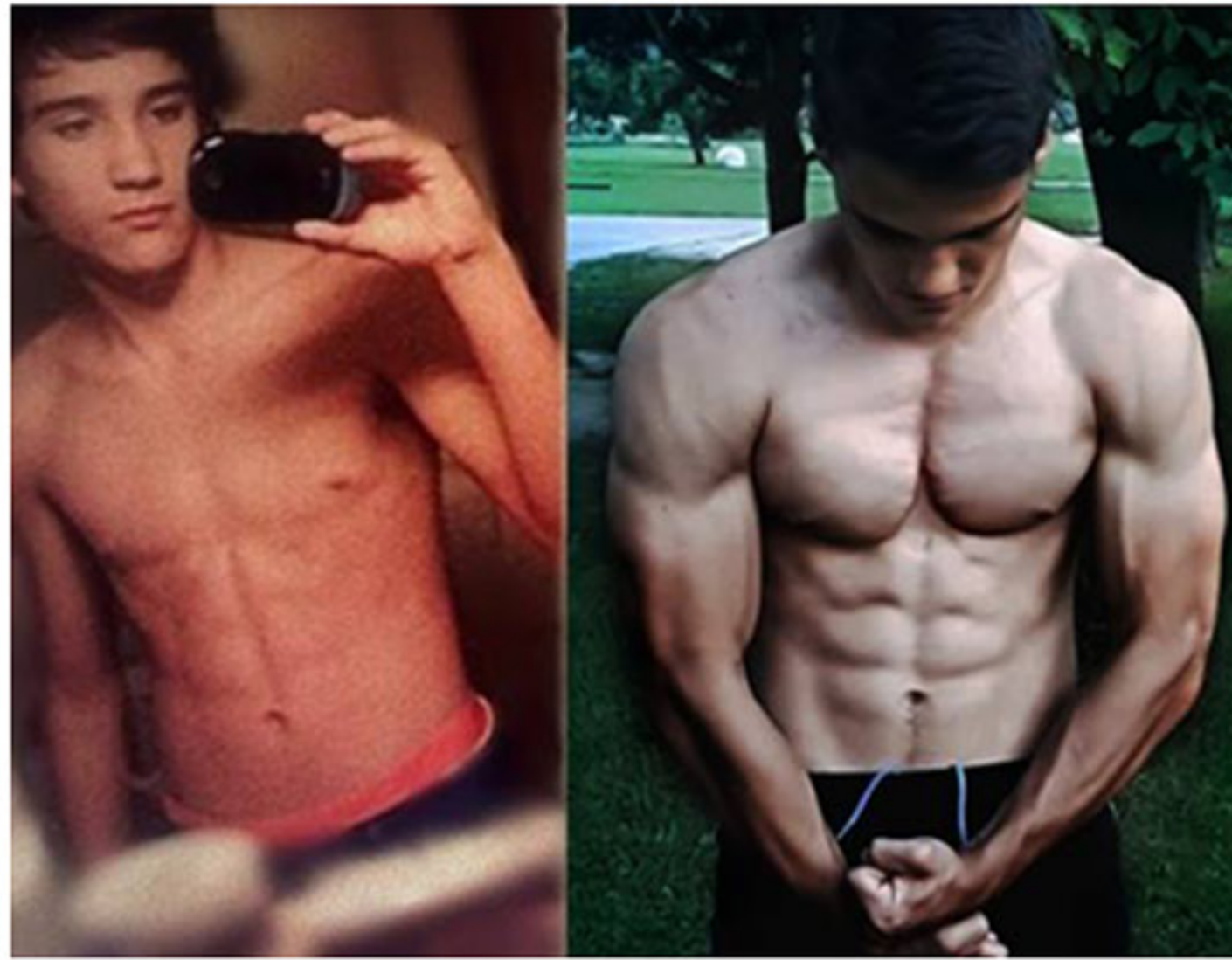
- **Sugary Drinks** (Soda, Lemonade, Coffee with a lot of Sugar, etc.)
- **Alcohol** (keep it to a minimum per week)
- **Fried Foods** (Grill everything you cook)
- **Fast Food** (Do not go to fast food restaurants!)
- **Processed Foods** (Huge mistake if you do... much of these products contain GMO,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

- 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.*

Text  
Text





# FIRST TWO WEEKS

## MONDAY | UPPER BODY

<b>2 SETS</b>	+ 7 Clap Push Ups + 6 Pause Explosive Dips + 7 Pull Ups
<b>3 SETS</b>	+ 8 Hip Tap Push ups + 3 Archer Pull Ups (Each Side) + 10 Assisted Handstand Push Ups
<b>3 SETS</b>	+ 8 PAUSE Explosive Head Bangers + 12 Roll Unders (If can't do - 10 Ground Triceps Extensions) + 8 Explosive Pronated Inverted Rows
<b>3 SETS</b>	+ 5 Stationary Superman Push Ups + 3 Muscle Ups (If can't do - 5 Attempted Muscle Ups) + 3 Clap Dips (If can't do - 8 Ground Triceps Extensions)
<b>1 SET</b>	Max Assisted Handstand 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>	+ 12 Squats + 3 Broad Jumps + 12 Bench Quick Single Leg Hip Thrusters (Each Side)
<b>3 SETS</b>	+ 6 Pistol Squats (Each Side) + 4 Tuck Jumps + 6 Split Jumps (Each Side)
<b>3 SETS</b>	+ 8 Tuck Jumps (If can't do - 15 Yard Duck Walk) + 4 Box Jumps/Surface Jumps (If can't do - 12 Pause Explosive Squats) + 12 Second Leg Abduction Hold (Each Leg)
<b>3 SETS</b>	+ 10 Lateral Squat Walks + 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>	+ 3 Clap Pull Ups (If can't do - 8 Pull Ups) + 10 Dips (If can't do - 8 Ground Triceps Extensions) + 10 Second Stutter Push Ups
<b>2 SETS</b>	+ 4 Close Grip Explosive Pull Ups + 2 Bicep Walkers (Each Side) + 6 Hip Tap Push Ups
<b>3 SETS</b>	+ 15 Roll Unders (If can't do - 15 Ground Triceps Extensions) + 6 Explosive Chin Ups + 13 Push Ups
<b>3 SETS</b>	+ 6 Stationary Superman Push Ups + 3 Attempted Muscle Ups + 4 Bicep In & Outs
<b>1 SET</b>	Max Reps Pronated Inverted Rows

Did you complete the sets?

YES |  NO



# FIRST TWO WEEKS

REST DAY | WED SAT SUN

## FRIDAY | LOWER BODY

2 SETS

- + 10 squats
- + 6 Lunges (Each Side)
- + 12 Hip Thrusters

3 SETS

- + 6 Split Jumps (If can't do - 12 Lunges (Each Side))
- + 4 Broad Jump (If can't do - 12 Explosive Pause Squats)
- + 5 Knee Get Ups (If can't do - 10 Alternating Knee Get Ups)

3 SETS

- + 12 Single Leg Hip Thrusters (Each Side)
- + 6 Lateral Bounds (Each Side)
- + 8 Sumo Deadlift Squat Jumps

3 SETS

- + 6 Pistol Squats (Each Side) (If can't - 10 Assisted Pistol Squats)
- + 10 Pop Off Explosive Hip Thrusters
- + 15 Single Leg RDL's

Did you complete the sets?

YES

NO



# SECOND THREE WEEKS

## REST DAY | WED SAT SUN

### MONDAY | UPPER BODY

<b>2 SETS</b>	+ 6 Explosive Pause Ground Push Ups + 4 Clap Dips (If can't do - 8 Ground Explosive Triceps Extensions) + 4 Clap Pull Ups
<b>3 SETS</b>	+ 6 Stationary Superman Push Ups + 3 Type Writer Pull Ups (Each Side) + 6 Assisted Handstand ClapPush Ups
<b>3 SETS</b>	+ 10 Head Bangers + 6 Single Arm Ground Tricep Extension (Each Side) + 12 Explosive Supinated Inverted Rows
<b>3 SETS</b>	+ 4 Muscle Ups (If can't do - 6 Attempted Muscle Ups) + 5 Stationary Superman Push Ups + 7 Pop Off Dips (If can't do - 10 Ground Triceps Extensions)
<b>1 SET</b>	Max Superman Push Ups

Did you complete the sets?

YES |  NO

### TUESDAY | LOWER BODY

<b>2 SETS</b>	+ 10 Pause Explosive Squats + 8 Quick Broad Jumps + 12 Single Leg Hip Thrusters (Each Side)
<b>3 SETS</b>	+ 3 Pistol Squats (Each Side) + 10 High Knees (20 total) + 6 Split Jumps (Each Side) (If can't do - 12 Lunges (Each Side))
<b>3 SETS</b>	+ 15 Yard Duck Walk + 6 Squat Drops + 20 Second Leg Kickback Hold (Each Leg)
<b>3 SETS</b>	+ 30 Second Hip Thruster Hold + 8 Lateral Explosive Lunges (Each Side) + 6 Bounds (Each Side) (If can't do - 7 Squats FAST)

Did you complete the sets?

YES |  NO

### THURSDAY | UPPER BODY

<b>2 SETS</b>	+ 8 Pronated Head Bangers (If can't do - 8 Pull Ups) + 6 Clap Dips (If can't do - 8 Ground Single-arm Triceps Extensions) + 3 Stationary Superman Push Ups
<b>3 SET</b>	+ 8 Ground Single Arm Triceps Extensions (Each Side) + 4 Pull Up to Chin Up + 5 Speed Push Ups
<b>2 SETS</b>	+ 3 Clap Pull Ups + 5 Bicep In & Outs + 6 Hip Tap Push Ups
<b>3 SETS</b>	+ 4 Attempted Two Second Back Lever + 4 Muscle Ups (If can't do - 6 Attempted Muscle Ups) + 5 Lateral Pop Push Ups (Each Way)
<b>1 SET</b>	Max Reps Head Bangers

Did you complete the sets?

YES |  NO



## SECOND THREE WEEKS

REST DAY | WED SAT SUN

### FRIDAY | LOWER BODY

<b>2 SETS</b>	+ 10 Sumo Deadlift Squats + 6 Explosive Pause Lunges (Each Side) + 10 Single-leg Hip Thrusters
<b>3 SETS</b>	+ 6 Pause Vertical Jumps + 4 Single Leg Broad Jumps (Each Side) + 6 Knee Get Ups (If can't do - 10 Alternating Knee Get Ups)
<b>3 SETS</b>	+ 20 Second Hip Thruster Hold + 12 Lateral Squat Walks (Each Side) + 5 Drop Squats
<b>3 SETS</b>	+ 2 Multi Plane RDL's (Each Way) + 6 Pistol Squats (If can't do - 6 Assisted Pistol Squats)
<b>1 SET</b>	45 Second Squat Hold

Did you complete the sets?

YES

NO



# LAST THREE WEEKS

## MONDAY | UPPER BODY

- 2 SETS** + 6 Dips  
+ 8 Push Ups  
+ 10 Pull Ups
- 3 SETS** + 4 Archer Pull Ups (Each Side)  
+ 6 Pause Explosive Clap Push Ups
- 3 SETS** + 6 Archer Assisted Handstand Push Ups  
+ 15 Second Stutter Lateral Raises  
+ 7 Diver Push Ups
- 3 SETS** + 5 Ice Cream Makers  
+ 12 Bicep Head Bangers on Dip Bars  
(if can't do - 8 Assisted Bicep Curls (Each Side))  
+ 6 Wide to Close Push Ups
- 1 SET** Max Romanian Dips
- 1 SET** 6 Flagpole Attempts

Did you complete the sets?

YES |  NO

## TUESDAY | LOWER BODY

- 2 SETS** + 6 Quick Jump Squats  
+ 6 Lateral Lunges (Each Side)  
+ 12 Single Leg Hamstring Hip Thrusters (Each Side)  
(If can't do - 15 Pause & Explode Good Mornings)
- 3 SETS** + 5 Tuck Jumps  
+ 8 Squat Hold Wide to Close Stance (Each Side)  
+ 6 Quick Split Jumps (Each Side)
- 3 SETS** + 6 Pistol Squats (Each Side) (Assisted if need be)  
+ 12 Single Leg Hip Thrusters (Each Side)  
+ 10 Yard Duck Walk
- 2 SETS** + 4 Broad Jumps  
+ 7 Tuck Jumps

Did you complete the sets?

YES |  NO

## REST DAY | WED SAT SUN

## THURSDAY | UPPER BODY

- 2 SETS** + 8 Pause Hip Tap Push Ups  
+ 6 Explosive Chin Ups  
+ 8 Pause Dips (If can't do - 8 Romanian Push Ups)
- 3 SET** + 2 Muscle Ups (If can't do - 4 Attempted Muscle Ups)  
+ 6 Pop Off Dips  
+ 10 Assisted Handstand Clap Push Ups
- 3 SETS** + 6 Type Writer Push Ups  
+ 5 Explosive Pull Ups  
+ 4 Romanian Dips
- 3 SETS** + 4 Flag Pole Attempts (Each Side)  
(If can't do - 8 Side Plank Crunches (Each Side))  
+ 10 Head Bangers  
+ 4 Full Superman Push Ups
- 1 SET** Max Close Grip Pull Ups

Did you complete the sets?

YES |  NO



# LAST THREE WEEKS

REST DAY | WED SAT SUN

## FRIDAY | LOWER BODY

- 2 SETS**
  - + 10 Squats
  - + 10 Hip Thrusters
  - + 4 GHR
- 3 SETS**
  - + 3 Tuck Jumps
  - + 30 Calf Hops
  - + 4 Pistol Squats (Each Side)
- 3 SETS**
  - + 3 Broad Jumps
  - + 10 Quick Squat Jumps
  - + 8 Lateral Lunges (Each Side)
- 2 SETS**
  - + 4 Forward Single-Leg Bounds (Each Side)  
*(If can't do - 8 Pause Explosive Lunges)*
  - + 6 Knee Get Ups
  - + 8 Explosive Pause Squats

Did you complete the sets?

YES

NO





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LIFESTYLE & WORKOUT APPAREL

# Rep CalAesthetics

**SHIRTS**



**HOODIES**



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APPAREL**  
*at*  
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**JOGGERS**



**TANKS**



**HEADWEAR**



# *CalAesthetics Nutrition*



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