



BODYWEIGHT  
PROGRAM

POWERED BY CALAESTHETICS LLC

ADVANCED  
**PROGRAM**  
PHASE V

BRENDAN MEYERS, EX. PHYS. FAU

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CalAesthetics LLC

West Palm Beach, Florida, United States of America



DEAR MEMBER,

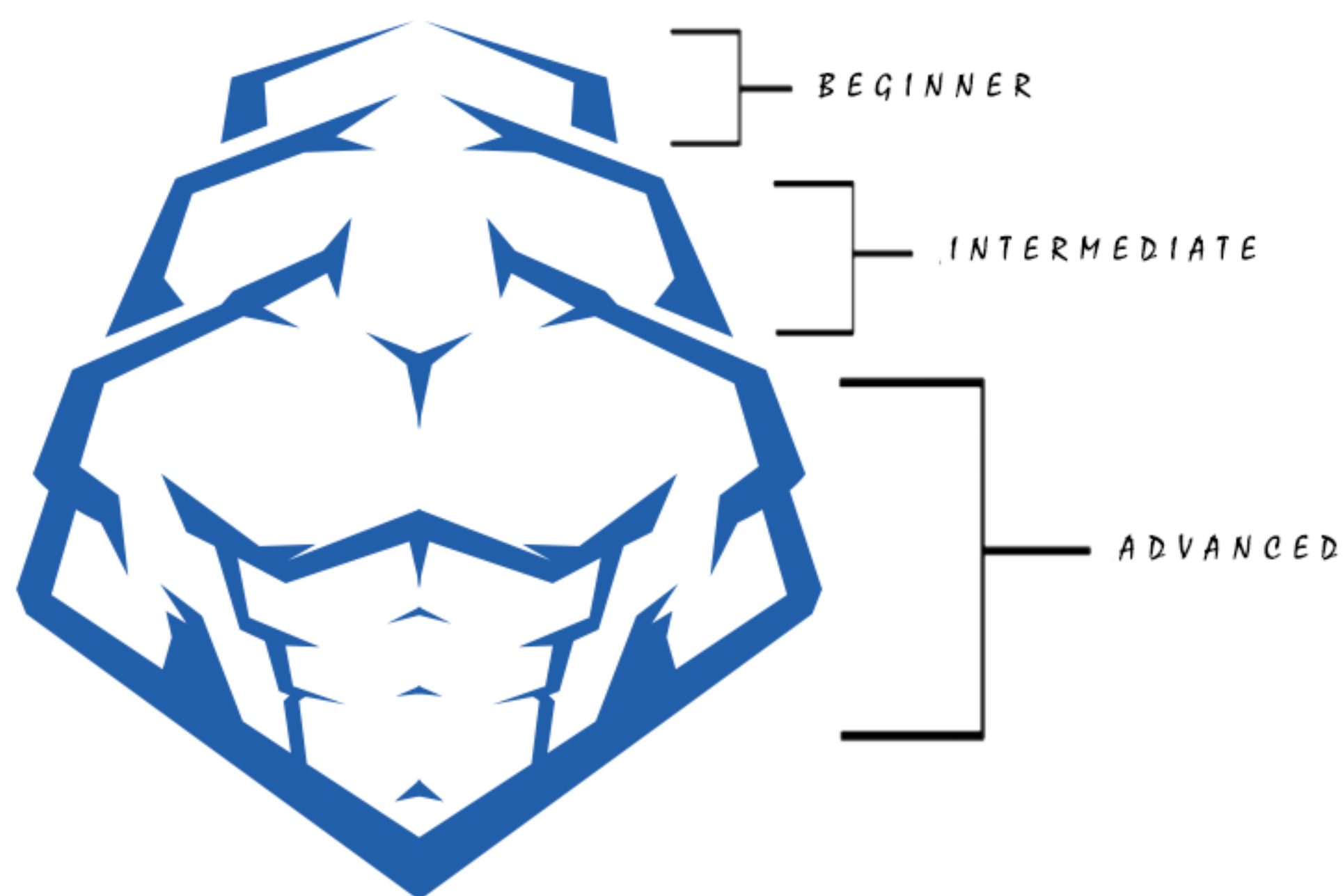
I HOPE YOU ENJOY THIS EFFICIENT **BODYEVO**  
BODYWEIGHT PROGRAM. I HAVE NO DOUBT IT WILL  
HELP YOU ACHIEVE YOUR PERSONAL FITNESS GOALS.  
YOU DESERVE A LEAN, STRONG, AND FIT BODY, MY  
REASONING BEHIND DEVELOPING SUCH A PROGRAM.

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

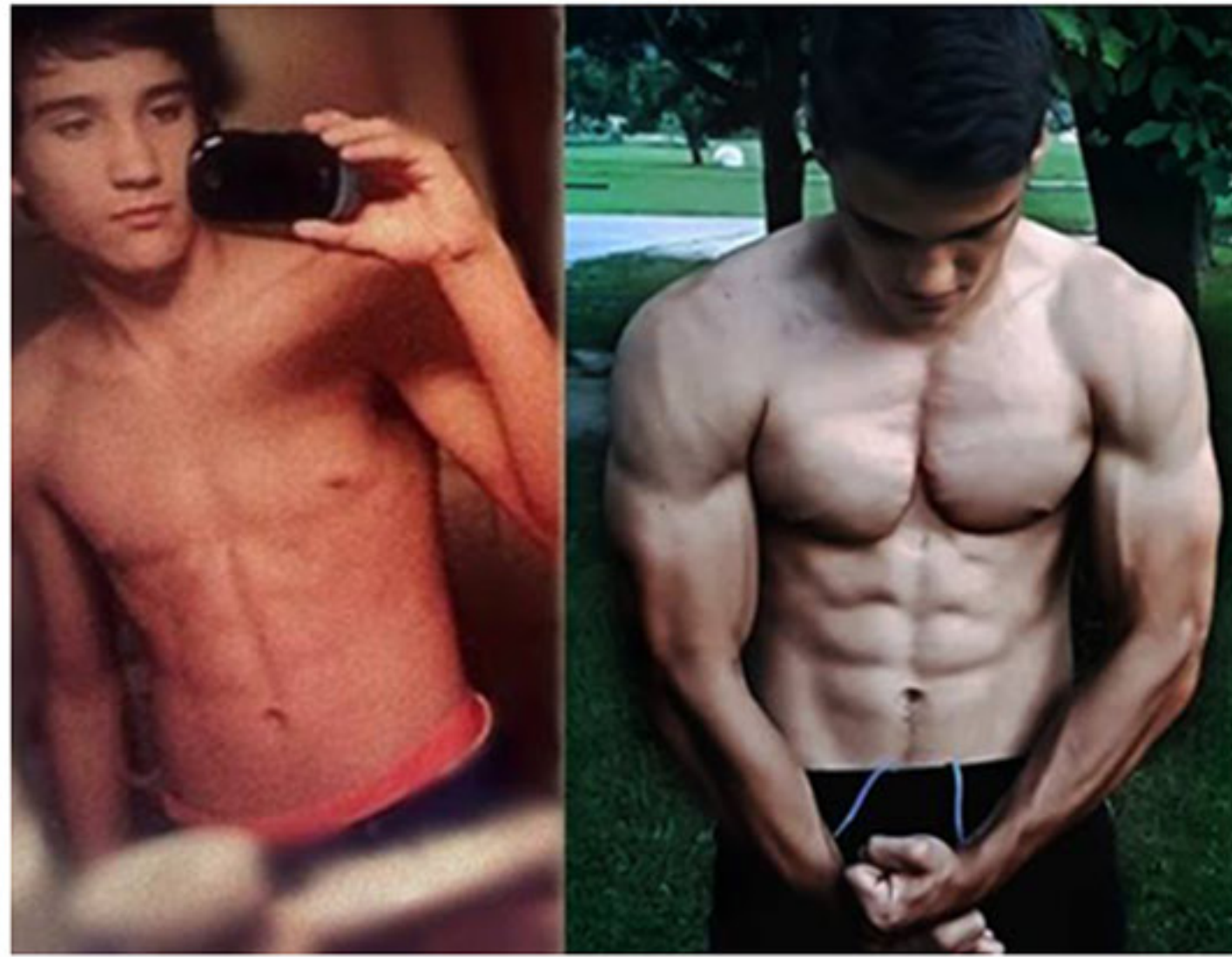
- **Sugary Drinks** (Soda, Lemonade, Coffee with a lot of Sugar, etc.)
- **Alcohol** (keep it to a minimum per week)
- **Fried Foods** (Grill everything you cook)
- **Fast Food** (Do not go to fast food restaurants!)
- **Processed Foods** (Huge mistake if you do... much of these products contain GMO, "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	UPPER BODY	LOWER BODY	UPPER BODY	REST
WEEK 4	UPPER BODY	LOWER BODY	REST	UPPER BODY	LOWER BODY	UPPER BODY	REST

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





# ADVANCED PROGRAM

## PHASE V

- 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	+ 6 Pause Explosive Pull ups + 5 Romanian Dips (If can't do - 6 Pop off Triceps Extensions) + 4 Superman Push Ups
3 SETS	+ 10 Second Tuck PlancheHold + 7 Assisted Handstand Clap Push Ups + 3 Clap Pull Ups
3 SETS	+ 6 Knee Tap Push Ups + 12 Head Bangers + 4 Wide Grip Explosive Pull Ups
3 SETS	+ 6 Explosive Chin Ups + 4 Handstand Push Ups (If can't do - 12 Assisted Handstand Push Ups) + 4 Clap Dips (If can't do - (If can't do - 7 Pop off Triceps Extensions))

Did you complete the sets?

YES |  NO

TUESDAY | LOWER BODY

2 SETS	+ 10 Quick Jump Squats + 10 Single Leg Hip Thrusters (Each Side) + 8 Pause Explosive Good Mornings
3 SETS	+ 6 Knee Get Ups + 5 Tuck Jumps + 4 Pistol Squats (Each Side)
3 SETS	+ 30 Calf Hops + 3 Broad Jumps + 8 Explosive Lateral Lunges (Each Side)
2 SETS	+ 5 Lateral Bounds (Each Side) + 12 Single Leg Quick Hamstring Hip Thrusters (If no bench, complete on ground) + 4 Vertical Jumps

Did you complete the sets?

YES |  NO

REST DAY | WED SAT SUN

THURSDAY | UPPER BODY

2 SETS	+ 6 Explosive Clap Push Ups + 5 Romanian Dips + 4 Archer Pull Ups (Each Side)
3 SETS	+ 6 Ice Cream Makers + 12 Pronated Head Bangers + 4 Pause Explosive Chin Ups
3 SETS	+ 10 Clap Assisted Handstand Push Ups + 3 Type Writer Pull Ups (Each Side)
3 SETS	+ 20 Stutter Push Ups + 10 Stutter Front/Back/Lateral Raises
1 SET	Max Muscle Ups
1 SET	Max Pronated Inverted Rows

Did you complete the sets?

YES |  NO



# FIRST TWO WEEKS

REST DAY | WED SAT SUN

## FRIDAY | LOWER BODY

<b>2 SETS</b>	+ 12 Pop Off Hip Thrusters + 8 Pause Explosive Lunges (Each Side) + 8 Squat Hold Lateral Walks (Each Way)
<b>3 SETS</b>	+ 5 Quick Tuck Jumps + 6 Single Leg Knee Get Ups + 4 Vertical Jumps
<b>3 SETS</b>	+ 8 Bench Explosive Step Ups <i>(If can't do - 15 Seconds Pulsator Squats)</i> + 12 Forward Lunges + 4 Drop Squats
<b>1 SET</b>	+ 1 Minute Squat Hold + 50 Front and Back Hops

Did you complete the sets?

YES

NO



# SECOND THREE WEEKS

## MONDAY | UPPER BODY

- 2 SETS**
  - + 6 Explosive Clap Pull ups
  - + 4 Clap Dips (If can't do - 6 Pop off Triceps Extensions)
  - + 5 Back Clap Push Ups
- 3 SETS**
  - + 5 Tuck Planche Push Ups
  - + 4 Handstand Push Ups (If can't do - 6 Archer Handstand Push Ups)
  - + 3 Hip Tap Pull Ups
- 3 SETS**
  - + 4 Aztec (Feet Touch) Push Ups
  - + 8 Wide Grip Pronated Head Bangers
  - + 2 Muscle Ups (If cant do - 4 Attempted Muscle Ups)
- 3 SETS**
  - + 4 Archer Explosive Chin Ups (Each Side)
  - + 4 Assisted Handstand Archer Push Ups
  - + 5 Hip TapDips (If can't do - 7 Pop off Triceps Extensions)

Did you complete the sets?

YES |  NO

## TUESDAY | LOWER BODY

- 2 SETS**
  - + 12 Squats
  - + 6 Hip Thrusters
  - + 8 GHR
- 3 SETS**
  - + 12 Lunges
  - + 4 Tuck Jumps
  - + 4 Knee Up and Ups
- 3 SETS**
  - + 6 Split Jumps
  - + 40 Calf Hops
  - + 20 Second Squat Hold
  - + 8 Squat Jumps
- 3 SETS**
  - + 8 Lateral Bounds (Each Side)
  - + 10 reverse Leg Raises
  - + 12 Squats

Did you complete the sets?

YES |  NO

## REST DAY | WED SUN

## THURSDAY | UPPER BODY

- 2 SETS**
  - + 15 Push Ups
  - + 8 Pull Ups
  - + 12 Dips
- 3 SETS**
  - + 5 Type Writer Pull Ups (Each Side)
  - + 3 Back Levers
  - + 4 Clap Dips
- 2 SETS**
  - + 15 Assisted Handstand Push Ups
  - + 4 Muscle Ups
  - + 6 Flagpoles (Each Side)
- 3 SETS**
  - + 8 Alternate Inverted Rows
  - + 12 Head Bangers
  - + 6 Superman Push Ups

Did you complete the sets?

YES |  NO



## SECOND THREE WEEKS

### FRIDAY | LOWER BODY

2 SETS	+ 5 Single Leg Pop Off Hip Thrusters (Each Side) + 8 Lunge Hip Extensions (Each Side) + 5 Forward Diagonal Walks (Each Way)
3 SETS	+ 5 Quick Tuck Jumps + 4 Lateral Bounds (Each Side) + 8 Pause Explosive Good Mornings
3 SETS	+ 4 Single Leg Lateral Broad Jumps (If can't do - 15 Seconds Pulsator Squats) + 10 Lunge Position (Back foot on bench) Squats + 5 Drop Squats
1 SET	+ Maximum Stationary High Knees + 50 Calf Hops

Did you complete the sets?

YES |  NO

### SATURDAY | UPPER BODY

2 SETS	+ 4 Explosive Pull Ups + 8 Clap Push Ups
2 SETS	+ 10 Supinated Inverted Rows + 10 Dips
2 SETS	+ 3 Muscle Ups + 6 Head Bangers
2 SETS	+ 5 Practice Planche Push Ups + 2 Type Writers (Each Side)
1 SET	Maximum Tuck Planche Hold

Did you complete the sets?

YES |  NO

REST DAY | WED SUN



LAST THREE WEEKS

MONDAY | UPPER BODY

2 SETS	+ 12 Dips (If can't do - 10 Ground Tricep Extensions) + 6 Clap Push Ups + 8 Close Grip Pull Ups
3 SETS	+ 3 Clap Pull Ups + 4 Back Clap Push Ups + 8 Pronated Head Bangers
3 SETS	+ 8 Assisted Handstand Clap Push Ups + 5 Romanian Pop Off Dips (If can't do - 8 Pop off Floor Tricep Extensions) + 3 Muscle Ups
3 SETS	+ 2 Bicep Walkers (Each Way) + 12 Practice Planche Push Ups + 10 Pronated EXPLOSIVE Inverted Rows (If can't do - 8 Explosive Pull Ups)
1 SET	Max muscle Ups
1 SET	Max Hip Tap Push Ups

Did you complete the sets?

YES |  NO

TUESDAY | LOWER BODY

2 SETS	+ 12 Squats + 4 Split Jumps (Each Side) + 2 Box Jumps
3 SETS	+ 5 Lateral Lunges (Each Side) + 3 Broad Jumps + 12 Quick Hamstring Hip Thrusters (Each Side)
2 SETS	+ 20 Yard Duck Walk + 12 Jump Squats + 4 Knee Get Ups
3 SETS	+ 15 Close Stand Squat Hold + 8 Lateral Bounds (Each Side) + 15 Hip Thrusters
2 SETS	+ 6 Tuck Jumps + 4 Pistol Squats (Each Side) + 6 Split Jumps (Each Side)

Did you complete the sets?

YES |  NO

REST DAY | WED SUN

THURSDAY | UPPER BODY

2 SETS	+ 8 Pause Explosive Push Ups + 8 Pause Explosive Pull Ups + 10 Pause Explosive Ground Tricep Extensions
3 SETS	+ 3 Type Writer Pull Ups (Each Side) + 3 Back Lever 3 Second Holds + 4 Clap Dips (If can't do - 12 Ground Tricep Extensions)
3 SETS	+ 4 Muscle Ups + 10 Second Stutter Posterior Raises + 5 FlagPoles (2 second holds)
3 SETS	+ 7 Alternate Inverted Rows (Each Side) + 10 Ice Cream Makers + 5 Superman Push Ups
3 SETS	+ 4 Explosive Lateral Push Ups (Each Side) + 4 Chin Ups to Pull Ups + 4 Romanian Dips

Did you complete the sets?

YES |  NO



# LAST THREE WEEKS

## FRIDAY | LOWER BODY

- 2 SETS**
  - + 12 Squats
  - + 10 Hip Thrusters
  - + 12 Supermans
- 3 SETS**
  - + 12 Lunges
  - + 4 Tuck Jumps
  - + 4 Knee Up and Ups
- 2 SETS**
  - + 6 Split Jumps
  - + 40 Calf Hops
  - + 20 Second Squat Hold
  - + 8 Squat Jumps
- 3 SETS**
  - + 8 Lateral Bounds (Each Side)
  - + 10 Single Leg Kick Backs (Each Side)
  - + 12 Squats

Did you complete the sets?

YES

NO

## SATURDAY | UPPER BODY *Light Workout*

- 2 SETS**
  - + 3 Muscle Ups
  - + 8 Floor Explosive Push Ups
- 2 SETS**
  - + 8 Supinated Inverted Rows
  - + 7 Ground Triceps Extensions
- 2 SETS**
  - + 7 Practice Planche Push Ups
  - + 3 Archer Pull Ups (Each Side)
- 1 SET**
  - Maximum Tuck Planche Hold

Did you complete the sets?

YES

NO

REST DAY | WED SUN





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LIFESTYLE & WORKOUT APPAREL

# Rep CalAesthetics

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**HOODIES**



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**CALAESTHETICS.CO**

**JOGGERS**



**TANKS**



**HEADWEAR**



# *CalAesthetics Nutrition*



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