



Trainingprogram for intermediates to increase the fitness performance, build muscle mass and reduce fat.



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1. Trainingrelated Know-How

1.1. Warmup

Before you start working out you have to warm up properly. You should stimulate your circulation and your heart-rate. After that the joints you're going to use in the following workout should be moved and burden a little bit. You can decide on your own, depending on your feelings, if you want to stretch a little bit or not. If you decide to stretch you shouldn't hold the stretch positions longer than 3-4 seconds per rep. Between the reps of the same muscle should be at least 3-4 seconds of rest. You also mustn't go to your maximum position when stretching pre-workout. In the following links you find an example for a warmup routine and some additional information and another type of warmup. You can adapt the warmup routine to your personal preferences. The other routine can be found in the seconds link.

[Here you can find the sample warmup routine](#)

[Here you can find additional information about the warmup](#)

1.2. Mobility

On restdays you can perform an additional mobility routine. Therefor you perform exercises with low intensity and move your joints in amplitudes that are as wide as possible. If you are able to do so you should enlarge the range of motion with every rep. You shouldn't go into extreme passive stretching positions, but go into active taken positions that you may support a little bit. This routine is also only an example and can be modified like you want.

[Here you can find the sample mobility routine](#)

1.3. Cool Down

After every workout you should cool down. All stressed muscles should be used lightly and the cardiovascular system should be animated again (if not still animated). To do that you can run slowly for 5-10 min. Don't stretch the stressed muscles not right after your training.

1.4. Stretching

Depending on your personal preconditions it can make sense to perform some stretching exercises on the course of your trainingprogram. You should avoid it to stretch with long held, static stretching positions before you start to workout, especially extreme positions. Some soft stretching with an extra contraction of the antagonist can be done. Therefor the stretching positions should only be taken short, like about 2-3 seconds. Right after the training you shouldn't stretch or only stretch very soft. If you would take an extreme stretching position right after training the danger would be very high that microtrauma in your tissues may aggravate and even injuries may occur. Stretching should be done on seperate days and if you don't have muscle ache. These tips apply for the respective muscles. That means if you have muscle ache in your chest you will have no problem to stretch your legs. The stretching is good to be combined with the mobility training. It makes sense to perform active stretchings, which means to take the stretching position by using the antagonist.

[Here you can find further Information about stretching](#)

1.5. Regeneration

1.5.1. Sleep

Muscles grow while sleeping. The different rhythms of the hormone metabolism give the body the ability to regenerate during sleep. It's very important to not sleep too much but also not to sleep too short. It's recommended to sleep about 7 hours per night, when doing intensive workouts the advantageous sleeping duration might increase a little bit to about 8 hours. It's also important to sleep, based on the circadian rhythm, which means to sleep in the natural day and night rhythm. So you have advantages to sleep during darkness and be awake during daylight. There are different kinds of people, some tend to sleep later and sleep longer in the morning, others sleep earlier and wake up earlier. But both sleep at night.

1.5.2. Black Roll/Foamroller

A Foamroller is a roll from hard foam, which can be used to increase the ability to regenerate. This technique is also called myofascial release. It's some kind of self massage, which can relax the muscles and the surrounding fasciae with pressure. It also solves bondings between the fasciae and the muscles, increases blood circulation and reduces the risk of injuries.

1.5.3. Alternating showers

This technique means to change between short periods of showering cold and hot. It increases the blood circulation, which increases the ability to transport metabolic waste products. You shouldn't do more than four warm and four cold showers after each other and you should always end with a cold shower. When showering you should start a warm shower for about 2 minutes then change to 1 minute of cold showering. Then you change back to the warm shower and repeat it four times and end with the cold shower.

[Here you can find further information about regeneration.](#)

1.5.4. Nutrition

Nutrition plays a very important role when it comes regeneration. In the following we explain different basics of nutrition.

1.6. Nutritional hints:

Caloric need (hyper-/hypocaloric)

The **basal metabolic rate**, is a dimension, which is used to characterize the metabolism. It's the amount of energy, that the body needs per day, completely at rest at a temperature of 28°C on an empty stomach to maintain its functions.

The **active metabolic rate**, is the amount of energy that the body needs above the basal metabolic rate to be able to work.

The **total metabolic rate** is the sum of the basal and the active metabolic rate. It the whole amount of energy the body needs on one day.

Depending on the goal it is important to be a little bit over, directly on or a little bit under your total daily need of calories.

For **gaining weight** the total metabolic rate should be a little bit over the total need of energy on a daily basis. It's not necessary to eat very hypercaloric for a short amount of time.

For **losing weight** the total metabolic rate should be a little bit under the total need of energy on a daily basis. It's not necessary or even counterproductive to eat very hypocaloric for a short amount of time.

The total metabolic rate can be summed up on the internet on different websites for free. Just take a look on different sites and you will find what your daily need is.

Macro-nutrient distribution

There are three different macro nutrients: Proteins (P), Fats(F) and Carbohydrates (CH). Today you can find different opinions in how the right distribution of those nutrients should look like. Basically there is the distribution of about 55% CH, 30% F and 15%P. Moderns studies showed, that CH aren't that important and changed the distribution for the benefit of F. There are Low-Carb methods that prefer a low intake of CH and a high intake of F, but there are also methods that prefer a low fat intake and a high carb intake and both methods are working. There are also systems that say it's important when you eat specific macros. But there's no method

that works for everyone. That's why everyone should test different nutrition methods and find out what works best for him or her.

Protein amount

A lot of rumors exist about the right amount of protein intake. Viele Gerüchte drehen sich um die richtige Eiweißzufuhr. In Germany they officially recommend an intake of 0.8g per Kg bodymass (g/KgBM) and for gaining muscle about 0.84 g/KgBM. From different experiences one can see, that this amount is too low. Many nutritional experts recommend an intake between 1,2 g/KgBM and 1,8 g/KgBM or even higher. Important is that you also pay attention to a high quality of protein sources and that the body can use the protein well. Egg protein for example has a higher quality than protein from grains. We recommend to use both, protein from animal and herbs. But there are also different opinions, which decline to use proteins from animal from different reasons.

Quality of Food

It's not only about the amount of calories and the distribution of the macros that you consume over the day, but also about the included micro nutrients, which are Vitamins, Minerals, trace elements and secondary plant substances, and the quality of foods. Generally you should avoid as much as possible to consume processed foods, but use products left in their natural state instead. For example you can compare broccoli and white bread. Even with the same amount of calories you have more micronutrients and a higher quality proteins in the broccoli than in the white bread even if the amount of protein is less.

Drinking

Water is the main part of the blood. That's why it's very important to get a sufficient amount of water, because otherwise the bloodflow would be influenced negatively and the whole body would be supplied worse. You should pay attention to at best drink still water or unsweetened teas. You should drink about 2 liters per day, which increases if you workout hard and sweaty. Surely there are differences between the people, but this is an amount you can orient yourself on. You should pay attention to drink water with enough minerals to compensate the loss by sweating intensively. You should also keep in mind that, different foods, like vegetables or fruits, also include some water.

1.7. Equipment

Here you can find everything, that gives you some more opportunities to train calishtenics. Some are very useful for specific goals others can make your workout more or less intense. We recommend the use of resistance bands, because you can profit very much from training with them.

[Here you can find equipment](#)

[Here you can see how to use the resistance band](#)

2. Explanation of the program

2.1. Execution

You should pay attention to execute all exercises clean and controlled. You should avoid to swing or kip and keep an overall tension in your body. Focus on the contraction of the used muscles. One rep should take about 4 seconds. The execution with the most advantages would be to perform the concentric (positive) move explosive and as fast as possible, then hold for about 1 second in the position where the highest tension of the used muscles occur and then move eccentric (negative) for about 2-3 seconds. The only exception are explosive movements like jumps. The most important thing is to always execute the exercises in the test weeks in the same way. Otherwise the results wouldn't be comparable.

All executions can be watched on youtube by clicking the blue underlined name of the exercise.



Facilitaion

Depending on your level you can adapt the exercises to it. The given exercises are the normal version, which can be facilitated by using a Resistance Band ([Video](#)).

Negative (eccentric) execution

If you are only able to do negative reps you should perform them with a duration of at least 4 seconds over the whole negative movement.

Canceling an exercise

If you can't perform an exercise that slow to need at least 4 seconds you have to cancel the set and rest.

2.2. Set extension

Every set with concentric (positive) execution should be extended, if you can't do any more reps after 20 seconds of work or less. To extend the set you directly start doing negative reps without any rest in between the positive and negative reps. The set ends if you have to cancel the execution. If you work longer than 20 seconds in a set you don't extend the set. Example: After 10 seconds of Pullups you can't do anymore reps of Pullups. After finishing the last rep of this set you directly start doing negative Pullups until you can't do them for at least 4 seconds anymore.

2.3. Tables

The weekly plans are displayed in tables. A workout of one day is arranged next to each other in it's chronological order. Below you find the next day. Every cycle has it's own table and should be done for the displayed amount of weeks.

Woche 1-4			
Tag 1			
1	2	3	<ul style="list-style-type: none"> - Exercises are shown in small boxes with a thick frame. That means, that the displayed amount of sets is done after each other and gets separated by the amount of rest displayed below. - Amounts of rests can be stretched over several exercises. That means that the amount of resttime stays the same for all those exercises.
Pushups	Pullups	Handstand	
2⇩ 1□ 1⇩	1⇩ 1□ 2⇩	40s	
Max Rep 4 Sets	Max Rep 4 Sets	4 Sets	
90s	Rest: RM1-3=180s - RM4-6=150s - RM7+=120s		
<p>The rep speed is displayed with 3 numbers and 3 symbols. ⇩ symbolizes the positive movement, ⇩ the negative and □ the hold. Pay attention to the order. Reading it from left to right gives you the sequence of the movements. Pullups are first moved positive, then are held, then are moved negative. Pushups are first moved negative, then are held and then moved positive.</p>			
Tag 2 = Pause			

2	<ul style="list-style-type: none"> - On top you can see the number of the exercise. The exercises are executed in order from 1-5. - The Name of the exercise can be clicked. By clicking the link you get redirected to a youtube video you can watch online and which shows you the correct execution and gives some additional hints. - The rep speed tells you how fast an exercise is executed. The arrows show the direction as mentioned above and the belonging duration of the movement in seconds. The order shows you where to hold an exercise. - the Work shows how long or how often an exercise should be held or repeated per set. - The amount of sets shows you how often a set of an exercise should be repeated. The sets are executed after each other separated by the rest before you change to the next exercise. - The Resttime tells you how long you should rest after each set. This rest is also done after the last set of an exercise, before you change to the next exercise.
Pullups	
1⇩ 1□ 2⇩	
Max Rep	
4 Sets	
Rest: RM1-3=180s - RM4-6=150s - RM7+=120s	

Week 1-6			
Day 5 Supersets			
1.1	2.1	3.1	<p>- For Supersets there are two exercises executed after each other with a very short rest in between. The exercises have staggered numbers and are displayed as 1.1 and 1.2, 2.1 and 2.2 and so on. They are displayed below each other and the first digit stands for the exercise complex, which consists of the two exercises and is repeated for the displayed amount of sets. If one complex is finished you continue with the next one. If two exercises are shown you can choose one of fit.</p>
<u>Pull/Chinups</u>	<u>Sphinx Pushups</u>	<u>Toes to the bar</u>	
1⬆ 1□ 2⬇	2⬇ 1□ 1⬆	1⬆ 1□ 2⬇	
25s	25s	25s	
15s	15s	15s	
1.2	2.2	3.2	
<u>Bodyrows</u>	<u>Bench Dips / Dips</u>	<u>Balance Plank</u>	
1⬆ 1□ 2⬇	2⬇ 1□ 1⬆		
25s	25s	25s	
60s	60s	60s	
4 Sets	4 Sets	4 Sets	
<p>The resttimes after each exercise are displayed right below it. The ⬆rest after the first exercises is shorter than after the second rest, which is the set rest.</p>			

Exercise

The blue written and underlined exercises are links to a video on youtube, where you can see the right execution of the exercise. According to the UrhG those links are not allowed to be passed to others or used in any other way than the own training.

Work

Is the amount of repetitions that you should do in one set after each other or the duration of holding a position..

Set

Is a series of repetitions, you can perform after each other. A set includes the set extension (if necessary) and gets separated from the next set by a resting period.

Pause

Is the rest between every finished set and the next one. The pause is also done after the last set, before you change to the next exercise. The time of the pause is displayed in seconds (s).

Off-Days

They are displayed by empty, slightly orange coloured cells in the tables.

2.4. Legend

Max Rep

Means “maximum repetition“ and tells you to do the highest reachable amount of repetitions followed by the highest reachable amount of negative repetitions.

RM

Means „repetition maximum“ and tells you how long you have to rest, if the highest reachable amount of repetitions is equal to the displayed number.

E.G.: If can't do more than 3 reps, your rest time is 105 seconds (if „RM3-4 =105s“ is displayed).

Negative repetitions should be done before you rest, right after you can't do any more positive reps. If there's no RM value given, you just keep the given time for rest

HIIT

High Intensive Intervall Training. The displayed distance should be run as fast as possible.

5/10-Min-Challenge

With this challenge you try to achieve as many reps as possible in 5/10 minutes. You can choose your amount of reps in a row and you amount and the length of your rests on your own. Tip: Don't make your maximum of repetitions in a row. Do maybe 20-30% of your repetition maximum and keep the rest as short as possible.

Testweek

The first and every following 5th week is for checking your fitness level. This should give you the possibility to compare your momentary fitness level to older levels. The results should be written in the table at the end of this document and can be send to calimove24@gmail.com. We can use these results for making our plans better and give you a better chance to succeed and have a feedback.

2.5. Further information

In this trainingprogram you regularly do restweeks, which you use for testing your level. By reducing the volume of training the body gets a better chance to regenerate and at the same time keep the loss of strength and ability as low as possible. It's very important to comply with these rest days, because otherwise an overtraining may occur, which forces you to rest for a long time afterwards. After finishing the program you may repeat it if necessary and you didn't reach you goals. That may be necessary to go on with the [Level 5 program](#).



3. Pretest Week

Pretest Week				
	Exercise	Reps	Sets	Pause
Day 1				
Day 2				
Day 3	Skin the Cat	Max reps	1	5 min
	HSPU	Max reps	1	
Day 4				
Day 5	L-Sit	Max time	1	5 min
	Archer Squats	Max reps	1	
Day 6				
Day 7	Pull Ups	Max reps	1	5 min
	Dips	Max reps	1	

4. Week 1-6

Week 1-6												
Day 1 Workout A												
1			2			3			4			
<u>Skin the Cat w.h.</u>			<u>HSPU Wall</u>			<u>L-Sit</u>			<u>Archer Squats</u>			
1 ↑	1 □	2 ↓	1 ↑	1 □	2 ↓				2 ↓	1 □	1 ↑	
Max Rep			Max Rep			Max Time			Max Rep			
5 Sets			5 Sets			4 Sets			4 Sets			
2:30 Min									90s			

Day 2 = Rest

Day 3 Workout B												
1			2			3			4			
<u>Typewriter Pullups</u>			<u>Straight bar dips / Sphinx Pushups</u>			<u>Pullover</u>			<u>Backbridge Pushups</u>			
1 ↑	1 □	2 ↓	2 ↓	1 □	1 ↑	1 ↑	1 □	2 ↓	1 ↑	1 □	2 ↓	
Max Rep			Max Rep			Max Rep			Max Rep			
5 Sets			5 Sets			4 Sets			3 Sets			
2:30 Min												

Day 4 = Rest

Day 5 Supersets														
1.1			2.1			3.1			4.1			5.1		
<u>Pull/Chinups</u>			<u>Sphinx Pushups</u>			<u>Toes to the bar</u>			<u>Jumping Lunges</u>			<u>Standing leg side raises</u>		
1 ↑	1 □	2 ↓	1 ↑	1 □	2 ↓	1 ↑	1 □	2 ↓	2 ↓	1 □	1 ↑	2 ↓	1 □	1 ↑
25s			25s			25s			25s			25s		
15s			15s			15s			15s			15s		
1.2			2.2			3.2			4.2			5.2		
<u>Bodyrows</u>			<u>Bench Dips / Dips</u>			<u>Balance Plank</u>			<u>Squats</u>			<u>Other side</u>		
2 ↓	1 □	1 ↑	2 ↓	1 □	1 ↑	1 ↑	1 □	2 ↓	1 ↑	1 □	2 ↓			
25s			25s			25s			25s			25s		
60s			60s			60s			60s			60s		
3 Sets			3 Sets			3 Sets			3 Sets			3 Sets		

Day 6 = Rest

Day 7 = Rest

5. Test Week 7

Test Week 7				
	Exercise	Reps	Sets	Pause
Day 1				
Day 2				
Day 3	Skin the Cat	Max reps	1	5 min
	HSPU	Max reps	1	
Day 4				
Day 5	L-Sit	Max time	1	5 min
	Archer Squats	Max reps	1	
Day 6				
Day 7	Pull Ups	Max reps	1	5 min
	Dips	Max reps	1	

6. Week 8-13

Week 8-13												
Day 1 Workout A												
1			2			3			4			
<u>Skin the Cat w.h.</u>			<u>HSPU Wall</u>			<u>L-Sit</u>			<u>Archer Squats</u>			
1 ↑	1 □	2 ↓	1 ↑	1 □	2 ↓				2 ↓	1 □	1 ↑	
Max Rep			Max Rep			Max Time			Max Rep			
5 Sets			5 Sets			4 Sets			4 Sets			
2 Min									75s			

Day 2 = Rest

Day 3 Workout B												
1			2			3			4			
<u>Typewriter Pullups</u>			<u>Straight bar dips / Sphinx Pushups</u>			<u>Pullover</u>			<u>Backbridge Pushups</u>			
1 ↑	1 □	2 ↓	2 ↓	1 □	1 ↑	1 ↑	1 □	2 ↓	1 ↑	1 □	2 ↓	
Max Rep			Max Rep			Max Rep			Max Rep			
5 Sets			5 Sets			4 Sets			3 Sets			
2 Min												

Day 4 = Rest

Day 5 Supersets														
1.1			2.1			3.1			4.1			5.1		
<u>Pull/Chinups</u>			<u>Sphinx Pushups</u>			<u>Toes to the bar</u>			<u>Jumping Lunges</u>			<u>Standing leg side raises</u>		
1 ↑	1 □	2 ↓	1 ↑	1 □	2 ↓	1 ↑	1 □	2 ↓	2 ↓	1 □	1 ↑	2 ↓	1 □	1 ↑
30s			30s			30s			30s			30s		
10s			10s			10s			10s			10s		
1.2			2.2			3.2			4.2			5.2		
<u>Bodyrows</u>			<u>Bench Dips / Dips</u>			<u>Balance Plank</u>			<u>Squats</u>			<u>Andere Seite</u>		
2 ↓	1 □	1 ↑	2 ↓	1 □	1 ↑	1 ↑	1 □	2 ↓	1 ↑	1 □	2 ↓			
25s			25s			25s			25s			25s		
50s			50s			50s			50s			50s		
3 Sets			3 Sets			3 Sets			3 Sets			3 Sets		

Day 6 = Rest

Day 7 = Rest

7. Test Week 14

Test Week 14				
	Exercise	Reps	Sets	Pause
Day 1				
Day 2				
Day 3	Skin the Cat	Max reps	1	5 min
	HSPU	Max reps	1	
Day 4				
Day 5	L-Sit	Max time	1	5 min
	Archer Squats	Max reps	1	
Day 6				
Day 7	Pull Ups	Max reps	1	5 min
	Dips	Max reps	1	

8. FAQ:

Why rest-/test week?

The testweek mainly gives you the possibility to see your own gains, measure and compare them. This week also gives you another training stimulus and with that there's less danger that you stagnate. The testweek also gives your body some better regeneration possibilities to be able to start fresh into the new cycle.

Can I gain muscles with this program?

Basically gaining muscle mass depends on many different factors. Besides the training especially the nutrition, the regeneration and your genetic potential are the main factors. The chosen exercises and methods of this plan are designed that gaining muscle mass is basically possible if you consider all influencing factors. But with the basic plans you will also work very much to improve your technical requirements and the gaining of maximum strength.

What is this program designed for?

The Calisthenic Movement Level 1-5 programs are designed for different priorities. They are a good compromise between learning the basic calisthenic exercises, gaining maximum strength and hypertrophying muscles.

Can I do additional exercises?

The programs are designed for the specific requirements. That means that you should train every level for several weeks to be able to assess how you can tolerate the stress of the exercises. The programs include all basic exercises for all parts of your body and with that they increase your physical performance. If you want to learn specific exercises, you should wait until you completed the 5 basic levels. Then your body will be better prepared for higher intensities and stress levels and with that injuries occur more seldom.

If you adapted to the training after a few weeks it might be possible to include another exercise or increase the amount of sets, but you should feel ready for it. No matter what, we recommend to do the plans as they are designed.

What about additional cardio training?

It's possible to integrate a light cardio training on off days. The burden shouldn't be too high, because your body needs the time to regenerate. It would be better to do a light cardio workout after a strength workout, because you get a lot of advantages by doing so. You shouldn't do any cardio workouts that are designed to increase your cardiovascular performance.

Can I also do the mobility training before or after the actual workout?

Yes, the mobility training can either be done before your training as a warm up, or after your workout as a final cooldown. If you want to do the mobility workout like that we recommend to reduce the volume of it.

Why Full Body Workouts?

First of all beginners and intermediate athletes are often not able to use their full capacity when doing splitted workouts and with that the trainingstimulus would be to little. On the other hand the problem of splittraining is, that some exercises are executed more seldom compared to a fullbody workout. That is very bad for learning and improving techniques and motion sequences, because they need a lot of repetitions to get improved. By training bigger muscles and more muscles at a time the release of growth hormones are increased, which gives you a better initial situation for gaining muscles and strength. For experienced athletes a splittraining can also create good results.

Can I train my legs with Calisthenics alone?

That depends very much on your goals. Basically you can train your legs with your bodyweight. But if your goal is gaining maximum strength or hypertrophy it's only possible until you reach a certain point, because with some experience in training your legs need a very high intensity, which you can't implement at a certain point of physical performance. But there won't be any structural or medical risks for your body, as long as you train your legs at all and meet a certain ratio between upper and lower body. For that you don't need maximal intensity. It won't be a problem to train your upper body for maximum strength and hypertrophy and your lower body for strength endurance or rapid strength.

What can i do, if exercises are too hard or too easy?

Basically the programs are designed that the exercises can be executed, if you can do the requirements. If there are still any problems, you should go one Level for- or backwards. If single exercises are too easy or too hard you can adjust the resttimes. The resttimes of too easy exercises can be shortened and be extended for too hard exercises. An exercise is too hard if you can do much less, and too easy, if you can do much more reps than displayed in the requirements.

Why don't we work with fix amount of reps, but with maxreps?

With maxreps the program adapts to the individual performance and improvements of every athlete. A fix target of reps could be too hard for one and too easy for another athlete. In addition tot hat a fix amount would temporal be very limited. One program couldn't be done for that long time. Also the maxreps allow you to repeat the plan after you completed it once.

Can i train with additional weights?

Basically it's possible to train basic Calisthenics with additional weights. No matter what version you choose, both are variations of moving weight against the resistance of gravity. In the performance range of the level 1-5 programs it wouldn't make much sense to work with additional weights, because the intensity oft he exercises would be too high. Training with free weights wouldn't make sense while training with the level 1-5 programs, because the programs are structured, that additional weight training may lead to overtraining of the organism.

Can I learn specific moves like Human Flag, Levers or Muscle ups with this program?

Those plans are designed to build a basic strength and coordination. With that the body gets prepared for the stress, that arises in a technical, coordinative training for the moves like those mentioned above. With the level 1-5 programs you won't learn these specific moves. That is because there are too many different exercises, which need a very long preparation and can't be integrated in one single plan. In addition to that the interests of the different athletes are too different to implement it in a way that really makes sense. The most important thing is, that the training of those techniquse need a step-by-step accession process, because otherwise it's

very probable that overload and overtraining occur, that unnecessary delay the process of learning the technique. If you build up the basics very good, the following technical and coordinative training gets more efficient. The level 1-5 programs are designed to build up exactly those basics.

9. Evaluation

If you want to note your training results to get a better overview of your progress you can use this table where you can note the results of every single workout.

[Evaluationtable](#)

The creators of this training program are not responsible for any injuries or damages of any kind. The program represents a recommendation for a scientific and methodical based training to increase the ability of strengths, gain of muscle mass and loss of fat. By not sticking to the plan the success can't be guaranteed. The effects of this training can vary from person to person. The program is subject to the copyright and it's prohibited by law to make other people get access to it. Otherwise you will be prosecuted by law.