

# WORKOUT PROGRAM BEGINNER

## LEVEL 1

### DAY 1

Day 1		Reps	Sets	Rest time
Full body workout	Push ups on knees	10	3	enough
Full body workout	Australian pull ups	8	3	enough
Full body workout	Push ups negatives	6	3	enough
Full body workout	Australian chin ups	8	3	enough
Full body workout	Bench dips	10	3	enough
Full body workout	Jump pull ups	6	3	enough
Full body workout	Pike push ups negatives	8	3	enough
Full body workout	Bent knees leg raises	8	4	enough
Full body workout	Squats	15	4	enough

### DAY 2 REST DAY

### DAY 3

Day 3		Reps	Sets	Rest time
Full body workout	Pull ups negatives	3	5	enough
Full body workout	Diamond push ups on knees	8	3	enough
Full body workout	Jump dips	8	3	enough
Full body workout	Explosive australian chin ups	6	3	enough
Full body workout	Incline push ups	8	3	enough
Full body workout	Straight legs bear crawl	15s	3	enough
Full body workout	Pike push ups negatives	5	3	enough
Full body workout	Side knees raises	6 each side	2	enough
Full body workout	Lunges	Max	4	enough

### DAY 4 REST DAY

### DAY 5

Day 5		Reps	Sets	Rest time
Full body workout	Australian pull ups	8	3	Enough
Full body workout	Incline diamond push ups	6	3	Enough
Full body workout	Jump pull ups	6	3	Enough
Full body workout	Wide push ups on knees	10	3	Enough
Full body workout	Hindui beginner push ups	8	3	Enough
Full body workout	Hollowbody on the ground	15s	3	Enough
Full body workout	Hiptrusts	15	4	Enough
Full body workout	Calf raises	10,10,15	3	enough

### DAY 6 REST DAY

### DAY 7 REST DAY

# LEVEL 2

## DAY 1

Day 1		Reps	Sets	Rest time
Full body workout	Incline push ups	10	4	enough
Full body workout	Australian pull ups	12	3	enough
Full body workout	Diamond push ups negatives	10	3	enough
Full body workout	Australian chin ups	12	3	enough
Full body workout	Jump dips	12	3	enough
Full body workout	Jump pull ups	8	4	enough
Full body workout	Incline pike push ups	8	3	enough
Full body workout	Bent knees leg raises	12	4	enough
Full body workout	Squats	20	4	enough

## DAY 2 REST DAY

## DAY 3

Day 3		Reps	Sets	Rest time
Full body workout	Pull ups negatives	5	5	enough
Full body workout	Diamond push ups on knees	14	3	enough
Full body workout	Jump dips	12	3	enough
Full body workout	Explosive australian chin ups	8	4	enough
Full body workout	Incline diamond push ups	10	3	enough
Full body workout	Straight legs bear crawl	25s	3	enough
Full body workout	Pike push ups negatives	8	3	enough
Full body workout	Side knees raises	8 each side	3	enough
Full body workout	Lunges	Max	4	enough

## DAY 4 REST DAY

## DAY 5

Day 5		Reps	Sets	Rest time
Full body workout	Australian pull ups	12	4	Enough
Full body workout	Incline diamond push ups	10	4	Enough
Full body workout	Jump pull ups	8	4	Enough
Full body workout	Wide push ups on knees	15	3	Enough
Full body workout	Hindui beginner push ups	8	3	Enough
Full body workout	Hollowbody on the ground	15s	3	Enough
Full body workout	Hiptrusts	15	4	Enough
Full body workout	Superman raises	10	3	enough
Full body workout	Calf raises	10,10,15	4	enough

## DAY 6 REST DAY

## DAY 7 REST DAY

# LEVEL 3

## DAY 1

Day 1		Reps	Sets	Rest time
Full body workout	Push ups + push ups on knees burnout	5+10	4	enough
Full body workout	Australian pull ups	14	3	enough
Full body workout	Diamond push ups + burnout on knees	3+7	3	enough
Full body workout	Australian chin ups	14	3	enough
Full body workout	Dips + Jump dips	2+5	3	enough
Full body workout	Chin ups + jump pull ups	2+5	4	enough
Full body workout	Straddle pike push ups	8	3	enough
Full body workout	Oneleg leg raises	8	4	enough
Full body workout	Jump squats	10	4	enough

## DAY 2 REST DAY

## DAY 3

Day 3		Reps	Sets	Rest time
Full body workout	Pull ups + negatives	2+5	5	enough
Full body workout	Diamond push ups + burnout on knees	3+7	3	enough
Full body workout	Dips + Jump dips	2+5	3	enough
Full body workout	Explosive australian chin ups	8	4	enough
Full body workout	Incline diamond push ups	10	3	enough
Full body workout	Wall walks	2	4	enough
Full body workout	Straddle pike push ups	8	3	enough
Full body workout	Side knees raises	8 each side	3	enough
Full body workout	Lunges	Max	4	enough

## DAY 4 REST DAY

## DAY 5

Day 5		Reps	Sets	Rest time
Full body workout	Australian pull ups	12	4	Enough
Full body workout	Dips negatives	5	4	Enough
Full body workout	Pull ups	2	4	enough
Full body workout	Jump pull ups	6	4	Enough
Full body workout	Hindui beginner push ups	10	3	Enough
Full body workout	Hollowbody on the ground	20s	3	Enough
Full body workout	Hiptrusts	15	4	Enough
Full body workout	Superman hold	10s	3	enough
Full body workout	Calf raises	10,10,20	4	enough

## DAY 6 REST DAY

## DAY 7 REST DAY

# LEVEL 4

## DAY 1

Day 1		Reps	Sets	Rest time
Full body workout	Diamond push ups	5	3	enough
Full body workout	Pull ups + jump pull ups	4+6	4	enough
Full body workout	Dips + Jump dips	5+5	3	enough
Full body workout	Australian chin ups	14	4	enough
Full body workout	Push ups	8	4	enough
Full body workout	Straddle pike push ups	10	3	enough
Full body workout	Straight leg raises	6	4	enough
Full body workout	Jump squats	15	4	enough
Full body workout	Squats	20	3	enough

## DAY 2 REST DAY

## DAY 3

Day 3		Reps	Sets	Rest time
Full body workout	Chin ups + 10 s izometric hold	4 + 10s	4	enough
Full body workout	Diamond push ups	5	3	enough
Full body workout	Dips + Jump dips	5+5	3	enough
Full body workout	Explosive australian chin ups	10	4	enough
Full body workout	Push ups	8	3	enough
Full body workout	Wall walks	2	4	enough
Full body workout	Pike push ups	8	3	enough
Full body workout	Windshield wipers on the ground	6 each side	3	enough
Full body workout	Lunges	Max	4	enough

## DAY 4 REST DAY

## DAY 5

Day 5		Reps	Sets	Rest time
Full body workout	Chin ups	4	4	Enough
Full body workout	Dips	6	4	Enough
Full body workout	Pull ups	3	4	enough
Full body workout	Jump pull ups	8	4	Enough
Full body workout	Hindui beginner push ups	12	3	Enough
Full body workout	Hollowbody on the ground	20s	3	Enough
Full body workout	Hiptruts	15	4	Enough
Full body workout	Superman hold	15s	3	enough
Full body workout	Calf raises	10,10,20	4	enough

## DAY 6 REST DAY

## DAY 7 REST DAY

# LEVEL 5

## DAY 1

Day 1		Reps	Sets	Rest time
Full body workout	Wall walks	2	3	Enough
Full body workout	Wall kickouts	5	5	enough
Full body workout	Dips	7	3	enough
Full body workout	Pull ups	6	3	enough
Full body workout	Diamond push ups	8	3	enough
Full body workout	Archery australian chin ups	5 each side	3	enough
Full body workout	Push ups	12	3	enough
Full body workout	Bent knees l-hang	15s	3	enough
Full body workout	Straight leg raises	8	3	enough
Full body workout	Mountain climbers	30s	4	enough

## DAY 2 REST DAY

## DAY 3

Day 3		Reps	Sets	Rest time
Full body workout	Wall walks	2	4	Enough
Full body workout	Wall kickouts	5	5	enough
Full body workout	Assisted frog stand	5s	5	enough
Full body workout	Chin ups	6	3	enough
Full body workout	Diamond push ups	8	3	enough
Full body workout	Jump chin ups burnout	Max	3	enough
Full body workout	Explosive push ups	5	5	enough
Full body workout	Windshield wipers on the ground	8 each side	3	enough
Full body workout	Straight leg raises	8	3	enough

## DAY 4 REST DAY

## DAY 5

Day 5		Reps	Sets	Rest time
Full body workout	Wall walks	2	4	Enough
Full body workout	Wall kickouts + handstand try	5	5	Enough
Full body workout	Assisted frog stand	5s	5	enough
Full body workout	Chin ups	6	2	Enough
Full body workout	Pull ups	6	2	enough
Full body workout	Izometric hold chin over the bar	15 s	3	enough
Full body workout	Dips	7	3	enough
Full body workout	Push ups burnout	Max	4	enough
Full body workout	Bent knees l-hang	15s	3	enough

## DAY 6- REST DAY

## DAY 7

Day 5		Reps	Sets	Rest time
Lower body	Wall kickouts + handstand try	10 min	-	-
Lower body	Assisted frog stand	10s	5	enough
Lower body	Squats	20	4	Enough
Lower body	Jump squats	10	3	Enough
Lower body	Lunges	Max	3	enough
Lower body	Onleg hiptrusts	6 each leg	2	enough
Lower body	Calf raises	10,10,20	4	enough
Lower body	Superman raises	10	2	enough

# LEVEL 6

## DAY 1

Day 1		Reps	Sets	Rest time
Full body workout	Wall walks	2	4	Enough
Full body workout	Wall assisted handstand	10s	4	Enough
Full body workout	Dips	10	3	Enough
Full body workout	Decline push ups	8	3	Enough
Full body workout	Pull ups	6	4	enough
Full body workout	Very slow chin ups	3	3	enough
Full body workout	Archery australian pull ups	5 each side	3	Enough
Full body workout	Oneleg l-hang	10s	2	Enough
Full body workout	Bent knees windshield wipers	4 each side	2	enough
Full body workout	Oneleg dragon negatives	3 each leg	3	enough

## DAY 2 REST DAY

## DAY 3

Day 3		Reps	Sets	Rest time
Full body workout	Wall walks	2	4	Enough
Full body workout	Wall assisted handstand	10s	4	enough
Full body workout	Assisted frog stand to frogstand	5	5	enough
Full body workout	Chin ups	6	4	enough
Full body workout	Diamond push ups	10	3	enough
Full body workout	Pull ups burnout	Max	3	enough
Full body workout	Jump push ups	3	5	enough
Full body workout	Pseudo push ups negatives	5	5	enough
Full body workout	Windshield wipers on the ground	8 each side	3	enough
Full body workout	Straight leg raises	10	3	enough

## DAY 4 REST DAY

## DAY 5

Day 5		Reps	Sets	Rest time
Full body workout	Oneleg wall assisted handstand	10s	3	Enough
Full body workout	Assisted frog stand to frogstand	5	5	enough
Full body workout	Pike push ups	8	3	Enough
Full body workout	Straight bar dips	8	3	Enough
Full body workout	Pull ups	6	4	enough
Full body workout	Chin ups	6	2	enough
Full body workout	Australian pull ups	10	2	enough
Full body workout	Plank	30s	3	Enough
Full body workout	Side plank	20s	2	enough

## DAY 6 REST DAY

## DAY 7

Day 5		Reps	Sets	Rest time
Full body workout	Oneleg dragon negatives	3 each leg	3	enough
Full body workout	Assisted frogstand to frogstand	5	5	enough
Full body workout	Squats	20	4	Enough
Full body workout	Jump squats	10	3	Enough
Full body workout	Lunges	Max	3	enough
Full body workout	Onleg hiptrusters	8 each leg	2	enough
Full body workout	Calf raises	10,10,20	4	enough
Full body workout	Superman raises	10	2	enough
Full body workout	Superman hold	10s	2	enough



# LEVEL 7

## DAY 1

Day 1		Reps	Sets	Rest time
Full body workout	Wall walks	3	4	Enough
Full body workout	Wall handstand without assist	3s	3	Enough
Full body workout	Dips	12	3	Enough
Full body workout	Decline push ups	10	3	Enough
Full body workout	Explosive pull ups	3	4	enough
Full body workout	Pull ups	8	4	enough
Full body workout	Very slow chin ups	4	3	enough
Full body workout	Oneleg l-hang	12s	4	Enough
Full body workout	Bent knees windshield wipers	6 each side	2	enough
Full body workout	Straddle dragon negatives	4 each leg	3	enough

## DAY 2 REST DAY

## DAY 3

Day 3		Reps	Sets	Rest time
Full body workout	Wall handstand without assist	5s	3	Enough
Full body workout	Wall handstand push up negatives	5	4	enough
Full body workout	Frogstand	10s	5	enough
Full body workout	Explosive chin ups	4	4	enough
Full body workout	Diamond push ups	12	3	enough
Full body workout	Pull ups burnout	Max	4	enough
Full body workout	Dips	12	3	enough
Full body workout	Clap push ups	6	4	enough
Full body workout	Pseudo push ups	5	5	enough
Full body workout	Windshield wipers on the ground	8 each side	3	enough
Full body workout	Straight leg raises	10	3	enough

## DAY 4 REST DAY

## DAY 5

Day 5		Reps	Sets	Rest time
Full body workout	Wall handstand push up negatives	5	4	Enough
Full body workout	Oneleg dragons	3 each leg	4	enough
Full body workout	Straddle dragon negatives	4	4	enough
Full body workout	Clap dips	5	5	enough
Full body workout	Diamond push ups	12	3	enough
Full body workout	Straight bar dips	10	4	enough
Full body workout	Hindui push ups	10	4	enough
Full body workout	Pike push ups	10	2	Enough
Full body workout	Oneleg l-hang	12s	4	enough

## DAY 6 REST DAY

## DAY 7

Day 5		Reps	Sets	Rest time
Full body workout	Oneleg dragons	3 each leg	3	enough
Full body workout	Frogstand	15s	3	enough
Full body workout	Squats	25	4	Enough
Full body workout	Jump squats	10	3	Enough
Full body workout	Lunges	Max	3	enough
Full body workout	Oneleg hiptrusts	10 each leg	3	enough
Full body workout	Calf raises	10,10,20	4	enough
Full body workout	Superman raises	10	2	enough

# LEVEL 8

## DAY 1

Day 1		Reps	Sets	Rest time
Full body workout	Wall walks	3	4	Enough
Full body workout	Wall handstand without assist	7s	3	Enough
Full body workout	Muscle up negatives	2	7	Enough
Full body workout	Straight bar dips	12	4	Enough
Full body workout	Explosive pull ups	4	4	Enough
Full body workout	Pull ups	10	4	Enough
Full body workout	Side to side pull ups	4 each side	4	Enough
Full body workout	Double clap push ups	4	4	Enough
Full body workout	Wall handstand push ups	5	5	Enough
Full body workout	Diamond push ups	13	3	enough

## DAY 2 REST DAY

## DAY 3

Day 3		Reps	Sets	Rest time
Full body workout	Wall handstand without assist	7s	3	enough
Full body workout	Explosive pull ups	4	4	enough
Full body workout	Dips	12	4	enough
Full body workout	Chin ups	10	4	Enough
Full body workout	Double clap push ups	5	5	Enough
Full body workout	Straight bar dips	12	3	Enough
Full body workout	Wall handstand push ups	5	5	Enough
Full body workout	Pseudo planche push ups	5	5	Enough
Full body workout	Full dragon fly negatives	4	4	enough
Full body workout	Oneleg dragons	4 each leg	3	enough
Full body workout	Bar leg raises	5	5	enough

## DAY 4 REST DAY

## DAY 5

Day 5		Reps	Sets	Rest time
Full body workout	Clap pull ups	5	3	Enough
Full body workout	Clap dips	7	3	enough
Full body workout	Dips	12	4	Enough
Full body workout	Pull ups	10	4	Enough
Full body workout	Diamond push ups	13	3	Enough
Full body workout	Hindui push ups	10	3	Enough
Full body workout	Australian archery pull ups	6 each side	3	Enough
Full body workout	Straddle elbow lever	10s	3	Enough
Full body workout	Full dragon fly negatives	4	4	Enough
Full body workout	L-hang flutter kicks	10s	3	enough

## DAY 6 REST DAY

## DAY 7

Day 5		Reps	Sets	Rest time
Full body workout	Squats	25	4	Enough
Full body workout	Jump squats	10	3	Enough
Full body workout	Lunges	Max	3	enough
Full body workout	Oneleg hiptrusts	10 each leg	3	enough
Full body workout	Calf raises	10,10,20	4	enough
Full body workout	Skin the cat	5	3	enough

*\*Please respect my work, I do not agree to share this workout plan with anyone.*