

CALISTHENICS MUSCLE GAIN PROGRAM

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Many people think that it is impossible to gain muscles with calisthenics. This type of thinking is wrong.

With calisthenics you can build lean muscles with pure strength, endurance and full body control. It will take more time than in bodybuilding, but it is still possible. Also, the muscles that you build with your own weight will be more productive.

Train hard with pure dedication. With this program your achievements will be unbelievable. I can tell you from my knowledge that if you mix ENDURANCE sessions with CALISTHENICS WEIGHT sessions (also based on endurance), you build pure lean and strong muscles. In this program you will learn how to train in a proper way.

Also, in order to gain muscles you need to train maximum 4 days per week:

- 1st day: endurance session with a little weight;
- 2nd day – weight session;
- 3rd day – endurance session;
- 4th day – weight session;

After each training you need to rest 1 day and eat well. The food should be clean and healthy.

In the last three days of the week (each of these three days) I recommend doing cardio for at least 40 minutes (it could be jumping rope, running, bike, climbing, swimming or cardio machines in your gym). After cardio you should do full body stretching.

Remember: if you take rest for over 48 hours, you will start losing strength and endurance. Your rest should be no longer than 48 hours.

Never do these routines without warming up. Your warm up should be at least 20-30 minutes to get your muscles ready for this hard work.

You should do all exercises with a good form:

Pull ups – Elbows out (never in), full range of motion (as you go up your chin should get over the bar, as you go down your arms should straighten out), your body should be straight and relaxed (don't put your chest to the front, also relax the muscles that are not working in the exercise), make effort to pull yourself up (don't make effort to lower your body, just relax it and let it lower by itself).

Dips – lower to 90 degree position only (never lower than that), your elbows should be out in a 45 degree position approximately (for weight sessions – elbows should be closer to the body than 45 degrees), make a full range of motion (as you go up straighten up your arms).

Push ups – elbows out, body straight, full range of motion.

DAY 1 ROUTINE

Weight session.

Weight for pull ups/dips starts from 10 kg depending on your level. As you progress this weight may go up to 60kg. Weight on regular dips and pull ups should be the same. You may use the weight vest (especially if you are working with 20 kg or less) or belt and hang the weight on a chain – or combination of both vest and belt.

-5 pull ups of close grip - 6 sets. 1-2 minute rest between sets.

-10 regular dips - after 5th dip each time you go down you make a static hold in 90 degree position for 5 sec - 3 sets.

-5 pull ups of wide grip - 6 sets. 1-2 minute rest between sets.

-10 regular dips - after 5th dip each time you go down you make a static hold in 90 degree position for 5 sec - 3 sets.

-5 pull up of close chin up. 1-2 minute rest between sets.

-10 regular dips - after 5th dip each time you go down you make a static hold in 90 degree position for 5 sec - 3 sets.

DAY 2 ROUTINE

Endurance session

-10 regular pull ups

-20 regular dips

-10 regular pull ups

-20 regular push ups

Try not to rest or to rest as little as possible between these 4 exercises. These 4 exercises is one set. You need to make 20 sets.

It is possible that you will not be able to do all sets when you try this routine for the first time.

However, put the goal to be able to do 20 sets. When you are able to do 20 sets with no rest between rounds and just 1-2 minute rest between sets – you can put on extra weight (starting with 5kg and up to 20kg with time).

DAY 3 ROUTINE

-Weight session

First you do a superset (without letting the bar go):

-5 pull ups 5 muscle ups 10 bar dips 5 pull ups (with weight at least 5 kg - up to 20 kg).

Then you do the following:

-2 sets of 5 push ups the first one regular grip, the second one diamond push up with weight starting

from 30kg up to 80 kg

-2 sets of 5 regular dips with weight starting from 30kg up to 80kg

-2 sets of 5 bar dips with weight start from 30 kg up to 80 kg

Everything written above is one SET (You need to progress to be able to do 5 sets. Once you can do 5 sets increase the weight that you are putting on).

DAY 4 ROUTINE

- Elements Practice

-Front lever raises to 90 degree with additional weight on your legs from 4 kg up to 15kg

5 reps of close grip L-sit pull ups, 5 reps regular grip L-sit pull ups, 5 reps wide grip L-sit pull ups - its one circle (repeat 5 times).

-Archer pull ups with additional weight (from 10 kg up to 20 kg) - 2 reps per hand is a one set. You need to do 5 sets with 1 minute rest between sets.

-Clock typewriter (you go up to the side of one hand than when your chin is already over the bar you go to the side of another hand and down. Then same thing but with another hand). 2 reps per hand is one set. You should do 5 sets with additional weight of 10-20kg (about 1 minute rest between sets).

-Regular typewriter:

10 reps - 5 per side is one set (5 sets). Between the sets 2 minute rest (with time you can use additional weight of 10-20kg)

DAY 4 ALTERNATIVE ROUTINE

- 1 arm pull up for those who can do it

2 pull up for each arm is one set. 1-3 minute rest between sets. You should do 25 sets.

Then you go to the parallel bars and do 10 sets of 5 deep dips (body is in approximately 45 degree position, as you go down your shoulders should almost touch the bars, adjust your wrist and dont squeeze the bar with all of your fingers to reduce strain on the wrist). 1 minute rest between sets.

*****For those who can't do 1 arm pull up:**

You should take a belt and put it over the bar and make the same set holding the belt with your free arm. As you get stronger put your arm lower and lower on the belt.

5 pull ups for each arm is one set. 1-3 minute rest between sets. You should do 25 sets.

Then you go to the parallel bars and do 10 sets of 5 deep dips (body is in approximately 45 degree position, as you go down your shoulders should almost touch the bars, adjust your wrist and dont squeeze the bar with all of your fingers to reduce strain on the wrist). 1 minute rest between sets.

DAY 5 ROUTINE:

Legs day with weight. Leg day is super important if your goal is to grow proportionally and gain muscles. Legs contain the largest muscles in your body. If you train legs with weight, not only you will

look/feel great and proportionate, but also:

1. Your body will be more in a muscle-production mode (since your body will need to work to recover and grow such large muscles).
2. The weight of your legs will be like an extra weight that you always have on – your upper body will get stronger and more muscular to correspond.

-Squats

1st set is a warm up set 10 reps with 40 kg

2nd set is a warm up 10 reps with 70 kg

5 working sets

1 -100kg 10 reps

2-100kg 10 reps

3-110kg 10 reps

4-120kg 10 reps

5-120 kg 10 reps

* If you cannot work with these weight reduce them, but maintain the amount of sets/reps. Do the exercises with a good form. Make a goal to do them eventually with the weight I wrote.

Press machine:

-200kg 20 reps

-250kg 20 reps 2 sets

-300kg 20 reps

-300 kg 15 reps

-350kg 10 reps 3 sets

Romanian pull

-5 sets with 80 kg 12 reps

Lunges

-3 sets of 20 reps with 70 kg

Calves

-10 sets of 10 reps with 100kg

BODYWEIGHT LEG DAY/CARDIO ROUTINE

If there is a day that your body feels really tired and for some reason you cant get to the park or cant get to the gym to do the legs with weight do the Bodyweight leg session

-10 jumps to 90 degree/10 full jumps/10 lunges jumps - its one set. Every exercise need to be done without any rest. Do 20 sets of this.

-100 m sprint to the hill 10 times

-5000 of jumping rope - after every 1000 you need to make 100 double

-You go down to your knees jump to the 90 degree squat. Then from the 90 degree position you jump and put your knees to the chest. In one set you have to do 10 reps, between the sets 1 minute rest (5 sets)

Cardio is super important to give you great resistance. Generally, before each workout you do I recommend doing at least 1000 of jumping rope to give you better resistance and get your muscles warm

DAY 6 ROUTINE

Weight endurance

-10 different supersets with additional weight - starting from 5kg up to 20kg

-5 muscle up 5 bar dips 5 pull up

-5 pull up 5 muscle up 5 bar dip

-1 pull up 1 muscle up 1 bar dip 5 times 10 bar dips

-1 pull up 1 muscle up 5 times 10 bar dips 5 pull up

-5 pull up 5 muscle up 15 bar dip 5 pull ups

-5 pull up 1 muscle up 10 bar dip 4 muscle up

-5 muscle up 10 bar dip 5 pull up

-1 muscle 2 bar dip 5 times 10 bar dips 5 pull up

-5 muscle up from the static hold position on 90 degree 15 bar dips 5 pull up

-5 pull up muscle up from 90 degree 15 bar dips 5 pull up

- You need to have at least 5kg of additional weight. If 10 sets are too hard for you – start with 5 sets per training, but you should progress to doing 10 sets eventually. Once you can do 10 sets with 5 kg – start increasing the weight.

DAY 7 ROUTINE

Endurance day

-1 pull up 1 muscle up 1 bar dip - 10 times (without letting the bar go). Once you let the bar go do immediately 30 regular push ups

-2 pull ups 2 muscle ups 2 bar dips - 5 times (without letting the bar go). Once you let the bar go do immediately 30 regular dips.

-1 pull up 1 muscle up 1 bar dip 5 times (without letting the bar go). Once you let the bar go do immediately 30 regular dips.

-1 pull up 1 muscle up 1 bar dip 5 times (without letting the bar go). Once you let the bar go do immediately 30 regular push ups

-10 regular pull ups 1 muscle up 20 bar dips 1 muscle up 15 bar dips 1 muscle up 10 bar dips 1 muscle up 5 bar dips 1 muscle up 10 regular pull ups (without letting the bar go). Once you let the bar go do immediately 30 regular dips.

-10 regular pull ups 1 muscle up 20 bar dips 10 regular pull ups 15 regular push ups 5 muscle ups 15 regular dips 5 muscle ups (try to make this as fast as it is possible for you)

How to use this program?

-First week

1st day weight session/2nd day rest

3rd day endurance session/4th day rest

5th day weighted leg session/6th day rest

7th day another weight session (than 2 days of rest - 48 hours of full recovery)

-Second week

1st day endurance session/rest

3rd day another weight session/rest

5th day bodyweight leg session/rest

7th day endurance session/2 days of rest 48 hour of recovery

Remember to eat well and clean, sleep enough. Party/smoking/drinking will set you really far back, if you want to progress well, you need to concentrate on your goals and leave bad habits behind.