

## 1 Day

10 regular pull up after every reps you hold the bar for 3 second in each static position

Your head over the bar

Under the bar

Dead hang

Regular push up

20 reps after every rep you hold for 5 second on 90 degree

Than you go down to finish full movement and push yourself Up

Than you back to the bar and repeat first set

Regular dips

15 reps after every rep you hold for 5 second on 90 degree than you go more down than 90 degree to finish full movement and push yourself Up and repeat it 15 reps

Its one circle (repeat it 3 times)

Than

10 regular pull ups on the last one hold the bar your had over bar try to hold 10-15 second only in one position had over the bar

20 regular push up on the last one you hold on 90 degree for 20 second than try to pushing up and finish your push up after last rep

Regular dips 15 reps on the last one hold on 90 degree for 15 second than try to push yourself Up

Repeat it also 3 times

## 2 Day

1 close grip pull up

1 regular grip pull up

1 wide grip pull up

1 close chin up

1 diifferent grip/change the hands another one

Try to do it withput touch the ground

Than you go to the regular dips

1/2/3/4/5/5/4/3/2/1 after every rep you need to stop for 3 second in dead hand position (position before you start doind the dips)

1 dip 3 second pause 2/3-3/3-4/3-5/3-5/3-4/3-3/3-2/3-1/3

Than you back to the bar and repeat the same set but +1 rep,each grip 2 reps withoit touching the ground

Than

Bar dips

1/2/3/4/5/5/4/3/2/1 after every rep you also hold for 3 second i mean make a pause

Than go back to the the same set +1 rep so each grip you doing 3 reps

Than the same set on regular dips

Than back to bar plus 1 each grip 4 reps

Than the same set on bar dips

Than back to the bar and make the last set plus 1 rep each grip 5 reps

3 Day

1 regular pull up 1 leg raises

2 regular push up 2 diamond push up

1 regular chin up 1 leg raises

4 regular push up 4 diamond push up

2/2-6/6-2/2-8/8

3/3-10/10-3/3-12/12

4/4-14/14-4/4-16/16

5/5-18/18-5/5-20/20

6/6-22/22-6/6-24/24

7/7-26/26-7/7-28/28

8/8-30/30-8/8-32/32

9/9-34/34-9/9-36/36

10/10-38/38-10/10-40/40

If you can do push in a row so you can like 10,10 rest again 10,10 rest)But still you need to finish all of them,and don't leave the bar after pull ups you can go down when you finish all pull ups and leg raises

4 Day

Weight training

5 regular pull ups with 25 kg

5 regular push up with 25 kg

5 regular dips with 25kg

5 regular chin up with 25 kg

5 bar dips with 25kg

Its one circle

First 5 circles try to finish with 25 kg,if you will feel good so finish another 5 circles with the same weight,if not bring 20 kg or 15 kg .Together its need to be 10 circle

Day 5

1 minute jumping rope as fast as you can

30 berpee

10 clap pull up over the bar

1 minute jumping rope

10 leg raises  
1 minute jumping rope  
10 regular dips  
1 minute jumping rope  
1 pull up, 1 leg raises  
2 pull up, 2 leg raises  
3/3-4/4-5/5-5/5-4/4-3/3-2/2-1/1  
1 minute jumping rope

That how looks your 1 circle (i want you to repeat it at least 3 times)

Between every exercise you can't drink alot of water, just a little bit, the better if you will drink after all set

Day 6

1 leg raises 1 regular pull up than hold for 3 second your had over the bar, under the bar  
2 leg raises, 2 pull up again hold for 3 second in each position  
3 leg raises 3 pull up hold for 3 second in each position  
4 leg raises 4 pull up hold for 3 second in each position  
5/5 hold 3 sec in each position  
5/5 hold 3 sec in each position  
4/4 hold 3 sec in each position  
3/3 hold 3 sec in each position  
2/2 hold 3 sec in each position  
1/1 hold 3 sec in each position

This set you need to do from 1-5 without touch the ground than you can rest and from 5-1 without touch the ground

Regular dips

You can check how to do it on youtube

5 sets of 5 reps the exedcise called Russian Dips

<https://youtu.be/TdMOTkBU-2U>

Its one set repeat it 3 times

1 regular pull up than you change the grip to the regular chin up doing 1 regular chin up, than again change your grip to the regular grip again 1 than again change to the regular chin up  
Together it need

Day 7

10 clap pull ups over the bar  
10 clap push ups in front of you  
9/9/8/8/7/7/6/6/5/5/4/4/3/3/2/2/1/1  
10 regular dips than hold for 10 second woth a straight in position before you start doing the dips than 9 dips 9 second hold  
8/8-7/7-6/6-5/5

Than plus 15 kg

You go to make 50 regular pull ups

5 pull up 20 second rest 10 sets after every pull ups you can rest no more than 20 second

After you go to the bar dips and doing

10 bar dips 10 second hold with a straight hands

9/8-8/8-7/7-6/6-5/5

Its one circle,repeat it 2 times)

Day 6

1 leg raises 1 regular pull up than hold for 3 second your had over the bar,under the bar

2 leg raises,2 pull up again hold for 3 second in each position

3 leg raises 3 pull up hold for 3 second in each position

4 leg raises 4 pull up hold for 3 second in each position

5/5 hold 3 sec in each position

5/5 hold 3 sec in each position

4/4 hold 3 sec in each position

3/3 hold 3 sec in each position

2/2 hold 3 sec in each position

1/1 hold 3 sec in each position

This set you need to do from 1-5 without touch the ground than you can rest and from 5-1 without touch the ground

Regular dips

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Its one set repeat it 3 times

1 regular pull up than you change the grip to the regular chin up doing 1 regular chin up,than again change your grip to the regular grip again

Day 8

30 second hold on the bar than 6 pull up with a regular grip

25 second hold 5 pull up

20 second hold 4 pull up

(You need to hold in dead hand)

After

30 bench dips

2 minute

Mountain climbers

15 regular chin ups

20 regular dips

2 minute plank

30 berpee

Its one circle,you need to do it without any rest

Repeat it 5 times

Day 9

5 close grip L-sit pull ups

5 close chin up L-sip pull ups

2x5 deep regular dips(deep its mean your shoulder need to be more down than the regular dips)Or just try to go as low as it possible for you  
Its one circle repeat it 6 times

Archer pull ups

2 reps left hand/2 reps right hand

Than you can rest like for 1 minute

And repeat it again 2 reps for each hands

You need to do 5 circles of it

<https://youtu.be/PSjeeKy6l2g>

Typewriter

The same thing

2 reps each side

Repeat it 5 times

[https://youtu.be/\\_2TlIW38F24](https://youtu.be/_2TlIW38F24)

Day 10

Close grip pull up

-10 kg 3 reps

-15 kg 3 reps

-20 kg 3 reps

-25 kg 3 reps

-30kg reps

Regular dips

-20kg 3 reps

-25kg 3 repS

-30kg 3 reps

-35kg 3 reps

Regular grip

-10 kg 3 reps

-15 kg 3 reps

-20 kg 3 reps

-25 kg 3 reps

-30kg 3reps

Bar dips

-10 kg 3 reps

-15 kg 3 reps

-20 kg 3 reps

-25 kg 3 reps

-30kg 3reps

-35 kg 3 reps

#### Wide grip

-10 kg 3 reps

-15 kg 3 reps

-20 kg 3 reps

-25 kg 3 reps

-30kg 3reps

#### Regular push up

-20 kg 3 reps

-25 kg 3 reps

-30kg 3reps

-35kg 3 reps

-40kg 3 reps

#### Close chin up

-10 kg 3 reps

-15 kg 3 reps

-20 kg 3 reps

-25 kg 3 reps

-30kg 3reps

#### Regular dips

-20kg 3 reps

-25kg 3 repS

-30kg 3 reps

-35kg 3 reps

#### Day 11

##### 5 pull close grip

After every pull up you stay with your had over the bar and put your legs in L-sit position for 5 second after you push your legs down and slowly go down to dead hang position.

##### Than

2 times 5 clap push behind your back

5 regular pull up with L-sit holding for 5 second in a top position your had over the bar

15 bench dips (you need to touch the ground with your ass,all the way down more than 90 degree and up)

5 wide grip pull up with L-sit holding for 5 second in a top position your had over the bar

10 regular dips with a clap in front of you,at the beginning you will touch the ground with your fit it's nothing bad (just try to push more explosive Up and make a clap as fast as you can)

5 close chin up with L-sit holding for 5 second in a top position your had over the bar

2 times 5 clap push up behind your back

Regular chin up 5 reps with L-sit holding for 5 second in a top position your had over the bar

15 bench dips

Different regular grip (left hand regular grip, right hand chin up) with L-sit holding for 5 second in a top position your had over the bar, than rest and change the hands right regular grip, left chin up)

10 regular dips with a clap in front of you

Day 12

30 berpee

1.30 minute mountain climbers

10 leg raises

1.30 minute jumping jacks

10 windshield wipers

15 regular pull ups

3 minute of jumping rope

Repeat this set 3 times

20 regular pull ups

20 bar dips

20 regular dips

20 regular chin up pull ups

20 reverse t-bar dips

Than

15/15/15/15/15-10/10/10/10/10-5/5/5/5/5

Day 13

Leg session

Squats

Together it's need to be 5 sets-2 for warm up and 3 working

10 squats 40kg

10squats 70kg

12 squats 100kg

8squats 110kg

10squats 100kg

I dont know what kind of weight you use, but its need to look like that

Press machine

200kg 20 reps

230kg 18 reps

260kg 16 reps

290kg 14 reps

320kg 12repa

Romain dead lift

50kg 3 sets of 10 reps

Langes

50kg 3 sets of 10 reps for each leg

Calves

50 kg 5 sets of 10 reps

On the end

10 jumps to 90 degree

10 full jumps ass to grass

10 langes jumps 5 each leg

This 3 exercise you need to do without rest,than 30 sec rest and you need to repeat it 10 times)

That how looks legs program,you just put less weight on those exercise or more weight because i don't know how strong is your legs)

Day 14

2 regular pull up

5 diamond push up

4 regular pull up

5 regular push up

6 regular pull up

5 wide push up

8 regular pull up

15 regular dips

10 regular pull ups

15 bar dips

10 regular pull ups

10 diamond push ups

8 regular pull ups

10 regular push up

6 regular pull up

10 wide push up

4 regular pull up

15 regular dips

2 regular pull up

15 bar dips

Than you repeat the same but with a regular chin up)

Day 15

10 regular pull up 20 regular push

you repeat 3 times times

20 regular dips 10 regular chin up

you repeat this 3 times

5 regular pull up

5 regular chin up

20 bar dips

Repeat it 3 times also

1 regular pull up 1 leg raises 10 reps

20 berpee

1 minute of jumping rope

Repeat this 5 times

Knee raises put your knees to chest on bar and slowly go down 15 reps (3 sets) try to do it without any keeping



Mountain climbers 1 minute (3sets)

Plank 2 minute (3 sets)

Side plank (left side 1 minute) (right side 1 minute) 2 sets for both sides

Half burped its just a burpee without jumping up You put your knees to the chest in push up position and back

10 reps (3 sets)

And regular crunches 30 reps of 3 sets

Day 16

10 burpee

/10 regular pull ups

/10 burpee

/10 regular pull ups

/10 regular dips

/10 regular pull ups

/10 bar dips(its one circle,you can rest only when you finish all circle)You need to kill 6 circles

Day 17

5 close grip L-sit pull up

5 close chin up L-sit pull ups

10 regular dips with claps of front of you

10 claps regular push ups

10 regular pull ups with claps over the bar

(its one circle,repeat it 10 times)

Day 18

Regular pull ups

10kg-3 pull up

15kg-3 pull up

20kg-3 pull up

25kg-3 pull up

30kg-3 pull up

35kg-1 pull up

40kg-1 pull up

45kg-1 pull up

50kg-1 pull up

Try to repeat 5 times 1 pull up with 50 kg

The same you need to do with regular dips

Day 19

10 regular pull-ups,

10 reg push up,

10reg pull up ,

10 reg dips 10 reg pull up ,

10 bar dips.

Than you go to do everything (9 reps,and minus one like/8/7/6/5/4/3/2/1)rest only when you finish one circle

Day 20

Regular pull ups 5 sec hold dead hang(its mean just hold the bar with straight hands) 1 pull up,10 sec hold 2 pull up, 15 sec hold 3 pull up,20 sec 4 pull up,25 sec 5 pull up,30 sec 6 pull up>everything you need to do without touch the ground.

Regular dips the same time and the same reps but you need to hold with a straight hands also and finish all without touch the ground

Regular push up

You start from normal static position before you start doing push up

5sec hold 1 push up 10/2-15/3-20/4-25/5-30/6-35/7-40/8-45/9-50/10

You hold up plus 5 sec to 50 sec and plus 1 to 10 push up

Its one circle repeat it 3-5 times

Day 21

1 regular pull up 1 leg raises 2/2-3/3-4/4-5/5-4/4-3/3-2/2-1/1 without touch the ground

1 regular dips 5 sec hold on 90 degree,2 dips 5 sec hold,3 dips 5 sec hold 4/5-5/5-4/5-3/5-2/5-1/5 without touch the ground

2 reg push up/2 bar dips 4/4-6/6-8/8-10/10-8/8-6/6-4/4-2/2

Its one circle,repeat 5 times

Day 22

10 minutes you doing regular grip pull up as fast as you can,as much as you can

10 minute regular dips as fast as you can,as much as you can  
10 minutes regular pull ups as fast as you can,as much as you can  
10 minutes regular push ups as fast as you can,as much as you can  
10 minutes regular pull ups as fast as you can,as much as you can  
10 minutes bar dips as fast as you can,as much as you can  
Its one circle,repeat it 3 times

Day 23

20 kg

10 regular pull ups 2 times 5 if you can't in a row 10

20 regular dips 2 times 10

Repeat it 5 times

Than

5 close grip pull up,5 close chin up,5 wide grip,5 regular chin up, 5 different grip both hands,after every grip you can rest

20 bar dips also with 20 kg in a row

Repeat it 5 times

Day 24

5 muscle ups with rubber bands than 15 bar dips and 10 pull ups regular

You repeat this set 2 times

Than

10 regular pull ups 5 muscle ups 15 bar dips

Repeat 2 times

Than

3 muscle ups 5 bar dips,3 mu 5 bar dips,3 mu 5 bar dips 10 reg pull ups

Repeat it 2 times

10 reg dips 10 diamond push up 10 times 100 reps each exercise

Day 25

5 reg pull ups 5 reg push ups,

5 reg chin up 5 diamond push up its one circle repeat it 30 times

20 regular dips 1 min of plank for core,

15 reg dips 1 min of plank,

10 reg dips 1 min of plank,

5 reg dips 1 min of plank.

Then you go up from 5 to up 20 after every dips 1 min of plank

Day 26

5 regular muscle ups with rubber

15 diamond push up,

5 muscle up

15 regular push up,

5 muscle up

15 wide push up,

5 muscle up

10 regular dips(5 times),

5 muscle up 10 bar dips (5 times)

Day 27

3 close pull up,3 reg pull up,3 wide pull up,3 close chin up,3 regular chin up everything without touch the ground

10 diamond push up,10 regular push up,10 wide push up,5 diamond push up,5 regular push up,5 wide push

Then you again repeat pull ups and after go to regular dips and doing this routine

Without touch the ground

2 dips 2 sec rest 4/4-6/6-8/8-10/10-8/8-6/6-4/4-2/2

Its one circle,repeat it 3 times

Day 28

5 reg pull up

10 burpee

repeat it 10 times

5 reg pull ups

10 reg dips

10 times

5 reg pull ups

10 bar dips

10 times

5 leg raises

5 regular pull up

5 leg raises

10 times

Day 29

10 close grip pull ups than 10 leg raises without touch the ground

8/6/4/2

10 diamond push up

8/6/4/2

10 close chin up 10 leg raises

8/6/4/2

10 regular push up

8/6/4/2

10 regular pull ups 10 leg raises

8/6/4/2

10 wide push up

8/6/4/2

10 wide pull ups 10 leg raises

8/6/4/2

10 regular dips

8/6/4/2/4/6/8/10

10 different grip pull up at first one side 10 leg raises

10/8/6/4/2

Than another one 10 different grip pull ups you change the hands 10 leg raises

8/6/4/2

Bar dips

10/8/6/4/2